BBC

goodfood

Middle East

September 2017
DHS15 | QR15

www.bbcgoodfoodme.com

BACK TO SCHOOL

Delicious lunchbox recipes, packed full of goodness



Fuel your fitness

Get more from exercise with the right meals

Family feasts

After-school suppers made easy

Flavoursome & healthy

Crispy beef bacon, creamy avocado, juicy tomatoes & fresh lettuce on wholemeal

Gourmet getaways

Recommendations for your next food-inspired holiday

CPI MEDIA GROUP
CPIMEDIAGROUP.COM
Publication licensed by
Dubai Production City, DCCA

Herby chicken gyros • Pulled beef ragu • Veggie protein chilli • Skinny mac 'n' cheese • Satay sweet potato curry



Discover a
world of food

MARINA WALK

MARKS &
SPENCER

LONDON



Marks and Spencer @MarksandSpencerME

marksandspencerme.com

Welcome to September!



In this month's 'back to school' issue, our attention focuses on child-friendly recipes, and refreshing ways to make packed lunches exciting, tasty and nutritious. There's a selection of great, easy-to-make recipes for delicious after-school suppers, perfect for the whole family inside *(Family feasts, p36)*. Plus, good-for-you snacks on page 58, which provide all of the taste using nutritious ingredients sans any dreaded food guilt.

As research shows, children who are educated about food and the importance of nutrition, are far more likely to take interest in the produce they put into their bodies, and be much more aware of health benefits and risks of certain diets. So, why not start early and invite your kids to help prepare their lunchbox for school *(Healthier packed lunches, p32)*?

Or, at dinner time, allow them to help prepare an international dish from page 49 onwards *(Sunshine suppers)*, where you'll find a fantastic variety of dishes ranging from flavoursome curries to a lighter take on lasagna.

Speaking of international cuisine, this issue is bursting with exciting culinary travel reviews, and with the kids now back at school and the festive season just around the corner (Christmas is *four* months away!) minds drift to planning our next gourmet getaway. Delight in the Indian Ocean's finest during a trip to the Maldives *(p78)*, keep active during your food-led escape at one of our top six European spots *(Six quick trips, p74)*, or find yourself immersed in true Thai tradition in Phuket, Thailand *(p85)*.

Sit back – perhaps with a generous slice of loaf cake *(p101)* and a cuppa – and digest this delicious issue while planning your next foodie adventure!

Enjoy cooking this month,

Sophie

Editor

WHAT WE'RE LOVING!



"These mushroom baked eggs with squished tomatoes are perfect for a family breakfast," says sales executive, Liz.



Sales director, Michael says: "This lamb & garlic bread salad is a healthy twist on a hearty meal!"



"Treat yourself while keeping things healthy, with these indulgent avocado & strawberry ices", Froilan.

BBC goodfood Middle East

EDITORIAL
EDITOR: Sophie McCarrick
sophie.mccarrick@cpimediagroup.com
ONLINE EDITOR: Emma Hodgson
emma.hodgson@cpimediagroup.com

ADVERTISING
DIRECTOR OF SALES: Michael Phillips
SALES MANAGER: Carol Owen
SALES MANAGER: Liz Smyth

bbc.sales@cpimediagroup.com

MARKETING
Isabelle Mills
marketing@cpimediagroup.com

DISTRIBUTION & SUBSCRIPTIONS
Rajeesh Nair
rajeesh.nair@cpimediagroup.com

PRODUCTION
James Tharian

DESIGN
Froilan Cosgafa IV

ONLINE
Aiya Naingue

PHOTOGRAPHER
Maksym Poriechkin

FOR OTHER ENQUIRIES, PLEASE VISIT:
www.bbcgoodfoodme.com

FOUNDER CPI MEDIA GROUP
Dominic De Sousa
(1959-2015)

PRINTED BY
Emirates Printing Press LLC, Dubai

PUBLISHED BY

CPI MEDIA GROUP
CPIMEDIAGROUP.COM
Celebrating 25 years of media in the Middle East

Head Office:
Media City, Building 4, Office G-08
Dubai, United Arab Emirates, PO Box 13700
Tel: +971 4 440 9100
Fax: +971 4 447 2409
Email: info@cpimediagroup.com

A publication licensed by Dubai Production City, DCCA

© Copyright 2017 CPI Media Group. All rights reserved. While the publishers have made every effort to ensure the accuracy of all information in this magazine, they will not be held responsible for any errors therein.

www.cpimediagroup.com

BBC Worldwide UK Publishing
DIRECTOR OF EDITORIAL GOVERNANCE: Nicholas Brett
PUBLISHING DIRECTOR: Chris Kerwin
PUBLISHING COORDINATOR: Eva Abramik
UK.PUBLISHING@BBC.COM
WWW.BBCWORLDWIDE.COM/UK-ANZ/UKPUBLISHING.ASPX

Immediate Media Co Ltd
CHAIRMAN: Eckart Bollman
DEPUTY CHAIRMAN: Peter Phippen
CEO: Tom Bureau
DIRECTOR OF INTERNATIONAL LICENSING AND SYNDICATION: Tim Hudson
INTERNATIONAL PARTNERS MANAGER: Anna Brown

BBC Good Food ME magazine is published by CPI Media Group under licence from BBC Worldwide Limited, 101 Wood Lane, London W12 7FA.
The BBC Blocks are the trade mark of the British Broadcasting Corporation. Used under licence (C) Immediate Media Company Limited. All rights reserved. Reproduction in whole or part prohibited without permission.



Contents

Starters

4 YOUR SAY
We love hearing from you, so why not write to us with your views and comments.

7 NEWS NIBBLES
The latest food news from the region and around the globe.

10 FLAVOURS OF THE MONTH
The best restaurant offers and events happening in the region this month.

14 TRIED & TASTED
We review two of the city's top tables.

17 MEET THE CHEF
We go one-to-one with the famed chef Thomas Keller to learn of his new Dubai-based bakery.

Home cooking

22 BOOSTING BREAKFASTS
Brekkie receipes that will keep you satsifyed through to lunch time.

26 DINNER DASH
Ingredient + ingredient = delicious meal.

28 PACKED FULL OF GOODNESS
Healthy and light, these sandwich ideas are packed with flavour.

32 HEALTHIER PACKED LUNCHES
Easy-to-make and super delicious, our lunchbox recipes will keep the kids happy.

36 FAMILY FEASTS
Keep school nights stress-free with these super suppers.





44 SKINNY MAC N' CHEESE
Yes, you read that right - SKINNY pasta and cheese. Comfort without the guilt.

49 SUNSHINE SUPPERS
These recipes are perfect for sharing at social gatherings over the summer.

58 GOOD FOR YOU SNACKS
All the taste and none of the unwanted sugar or fat. These snacks, are good for you.

63 FUEL YOUR FITNESS
Get more from your exercise with the right ingredients and meal plan.

96 DIGESTION MATTERS
Top tips for avoiding heart burn.

98 HOW TO CHOOSE BETTER FOOD
Nutrition advice to help you with your next shopping list.

101 3 TWISTS: LOAF CAKE
Three toppings, one cake!

Gourmet lifestyle

72 OPINION MATTERS
Our new columnist believes that diners should wait six-months before visiting a new restuarant. Find out why on page 72.

74 ACTIVE FOODIE TRIPS
We travel to various locations across Europe to discover where's best for those looking to enjoy food, but also burn it off.

78 INDIAN OCEAN DINING
BBC Good Food ME travels to Anantara Dhigu Maldives to explore culinary delights on offer.

85 THAI CUISINE, AT ITS BEST
Journey to Banyan Tree Phuket in Thailand to discover Thai food traditions and techniques.

92 VEGAN COOKING, MADE EASY
Chef Athena treats BBC Good Food ME's Food Club audience to a vegan-inspired cooking demo at the Miele Gallery.



Competitions

102 A one-night stay at Southern Sun Abu Dhabi.
103 An exciting one-night stay at Media One, Dubai.
104 Dining vouchers, kitchen goodies and more up for grabs.

Our recipe descriptions

V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for these symbols:
P Contains pork.
Contains alcohol.

gf YOUR SAY

We love hearing from you!

STAR LETTER



instant expert

Friday night Thai

Skip ordering a takeway and make our easy recipes for your family or friends. Choose the simple version or use our shopping guide to dial up the flavour

recipes ELENA SILCOCK photographs STUART OVENDEN

We've used easy-to-find ingredients in all these recipes so anyone can make them. If you've got access to Thai ingredients, check out our suggestions on page 49 to make your dishes taste even more like the real deal. Have a look at the chill guide on the same page before you start, then you can choose how much heat you want to add to each dish.

Thai red curry

Swap the ginger matchsticks for galangal, and brown sugar for palm sugar (see page 49), if you like. Thai basil will instantly give your curry an aromatic finish, but you can use basil or coriander if you can't find it. A good Thai curry should have a spot of oil on top, so this shows that the paste has been fried properly.

SERVES 4 PREP 15 mins COOK 30 mins EASY

1 tbsp vegetable oil
1 tbsp ginger & garlic paste
5–6 tbsp red curry paste (see Best buys, p48)
800ml coconut milk
6 skinless, boneless chicken thighs, cut into large chunks
4 kaffir lime leaves (ideally fresh)
2 tbsp fish sauce
1 tsp brown sugar
½ small pack Thai basil (see p48), basil or coriander, plus extra to serve
1 red chilli, sliced diagonally
thumb-sized piece ginger, cut into matchsticks
cooked jasmine rice (see Best buys, p48), to serve

1 Heat the oil in a large saucepan over a medium heat and fry the ginger and garlic paste for 2 mins. Add the curry paste, sizzle for a few secs, then pour in the coconut milk. Bring to the boil, reduce to a simmer, stir a little and wait for the oil to rise to the surface. Add the chicken and lime leaves, and simmer for 10 mins or until the chicken is cooked through.

2 Add 1 tbsp of the fish sauce and a pinch of the sugar, then taste – if you like it a little saltier, add more fish sauce. If you like it sweeter, add a little more sugar. Bring to the boil, take off the heat and add the basil.

3 Spoon the curry into four bowls and top with the chilli, ginger and a few extra basil leaves. Serve with rice.

I have been an avid reader of your magazine for quite some time. I love your unbiased reviews of restaurants and your recommendations, as well as your insider tips and deals on hotels to have the perfect staycation. Above this all, your easy-to-follow mouthwatering recipes are what I love the most for they feed the inner chef in me!

Thank you BBC Good Food ME team for going that extra mile to offer only the best to your readers. Keep up the good work!

Anthony Decena



I've just come back from a summer holiday and things are a little tight with money – which meant the 'zero waste weekend' meal plan in your August issue was a lifesaver! Not only did it help save money over the past couple of weekends, but I just love how it ensures that every bit of ingredients is used up. It's painful to see how much food gets thrown out all over the world, and I have to admit, it made me feel good about cooking when doing it using this plan. Do you have any others like this we can use, please?

Tracey Fox



I don't want to sound like a cheapskate, but...where are the best, value for money eateries in Dubai? The school holidays always highlight to me and my husband just how expensive it can be to dine out here with a family. We love taking the kids out and treating them, but we're struggling to find deals that offer quality food! Recommendations would be most welcome, thanks BBC Good Food ME! We loved the Q.D's 2.0 brunch promotion last month, do you have any others like this?

Penny Fraser

WIN!

The Winner of the Star letter receives a **1,000 AED shopping voucher from Tavola,** the leading retailer for your favorite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in our stores across the GCC and online: **www.tavolashop.com**

TAVOLA

TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

Compiled by SOPHIE MCCARRICK | Photographs SUPPLIED

PRIME 68
STEAKHOUSE



PRIME RIB SUNDAYS

Enjoy a 20 oz Prime Rib served with baked potato, horseradish cream and jus, paired with selected red or white grape.
Every Sunday, from 6pm until midnight

AED 350 per person, including unlimited selected grape

EARLY BIRD OFFER

Experience the Chef's selection of signature dishes from a crafted three course menu, while admiring breathtaking views of Dubai.
Daily from 6pm until 7pm

AED 200 per person

JW Marriott Marquis Dubai | Sheikh Zayed Road, Business Bay T +971 4 414 3000 | jwmarriottmarquisdubailife.com
JW Marriott Marquis Dubai I JWDubaiMarquis I Prime68DXB



YOUR PAAVOLICIOUS PIZZA, YOUR WAY

Paavo's Pizza offers tailor-made, 'build-your-own' pizzas, from oven to table in five-minutes or less. With various locations around Dubai, choose to dine-in or enjoy doorstep delivery

If you're a pizza lover, PAAVO'S PIZZA is a must-try. The fast-casual pizza restaurant with a 'build-your-own' concept provides diners with a 9/14 in, original crust or thin-crust, artisan-style pizza. It is also the first pizza place to introduce the concept of 'pizza in 5-minutes' in the UAE!

PIZZA AT PAAVO'S

PAAVO'S PIZZA serves the finest pizzas with fresh ingredients that make your pizza experience extra-special. Ingredients are handpicked from local farms to allow the taste-buds to go through a journey of discovery.

While the dough uses ancient recipes and technique, pizzas are made fresh in front of your eyes, where you'll be given the option to choose from any 'Paavolicious Specialty Pizzas' from the menu or to customise your own pizza with up to 50 different toppings to choose from. Once you've decided on your toppings, all that's left to do is wait five-minutes (or less), for your freshly hand-crafted pizza to reach your table.

PAAVOS PIZZA LOCATIONS

Al Qusais · Al Warqaa · Jumeirah · Tecom · Nadd Al Hamar · Mushrif · Palm Jumeirah
Jumeirah Lake Towers · South Barsha (COMING SOON)

Want to see the menu? **Visit: paavospizza.ae**

PAAVOSUAE

NEWS *nibbles*

What's hot and happening in the culinary world, here and around the globe.

ALL THINGS NEW AT M&S



Famous in the UK for its first-class food and drink, Marks & Spencer have stores across the Middle East, including Dubai-based branches Dubai Festival City, Mall of the Emirates Dubai, Ibn Battuta Mall, Deira City Centre, Mirdif City Centre Dubai, The Dubai Mall, Wafi City Mall Dubai, Al Ghurair Mall – and soon-to-be, Dubai Marina Walk. The much-anticipated new store, which is expected to open imminently, will be dedicated to food only, confirmed the British chain's executive director, Patrick Bousquet-Chavanne earlier this year.

"We will be opening a stand-alone food store in the Marina in Dubai," he said, which will represent the first of its kind in the region. He added that this store will present customers with a "much wider catalogue" of products – so if you're an M&S food fan, it's time to get excited!

At the store, expect to find refreshing treats like the newly launched range of speciality summer drinks. The premium range of 100% naturally flavoured cordials, presses and sparkling fruit juices come in flavour combinations like rose grape or Normandy apple and pear – perfect for enjoying to refresh during the warm months. Alternatively, go floral with the British elderflower cordial, or if you prefer sweet and fruity notes, opt for the Scottish raspberry cordial or for something different, the British rhubarb cordial spiced with ginger. Priced at Dhs18 for cordials and Dhs23 for sparkling juices. For more information, please visit: marksandspencerme.com.

Text SOPHIE MCCARRICK | | Photographs SUPPLIED & SHUTTERSTOCK

UNLEASH YOUR INNER BARISTA



Enjoy the complete barista experience at home with Nespresso and Breville's newly launched Creatista Plus, the first Nespresso machine that allows users to create latte art with its multiple milk foam textures. Creatista Plus is the result of a collaboration between Nespresso and Breville – Nespresso brings its coffee expertise, whilst Breville brings sleek kitchen appliance design and its unique automatic steam wand technology. With the Creatista Plus, create everything from a creamy Cappuccino through to a velvety Flat White or a Latte. The new Nespresso Creatista Plus machine will be available from September 14, 2017 at Nespresso boutiques and online at buynespresso.com priced at Dhs2,300.



DELIVEROO AND ROXY CINEMAS TEAM UP

Food delivery service, Deliveroo has partnered with Roxy Cinemas to offer diners buy, one, get one free cinema tickets. By spending over Dhs100 via Deliveroo's platform on any Sunday, customers will automatically receive buy one, get one free tickets to Roxy Cinemas that can be redeemed on Mondays, Tuesdays and Wednesdays. To download the Deliveroo app for free, visit the iOS and Android app stores on your mobile. For more information, visit deliveroo.ae.

Baby food and children's meals to your door



New to Dubai, Yum By Mum is a newly launched food concept, created to provide parents with a range of baby food and children's meals that are made from fresh ingredients and delivered to your door on the same day. Meals offer parents a fresh and convenient alternative to preserved baby food and frozen children's meals, as they are made with 100% fresh ingredients, never produced from frozen, nor do they have any added salt, sugar or preservatives. Meal options for babies include the likes of tomato, carrot and basil purée and braised beef with sweet potato purée, plus a range of children's meals such as chicken and avocado burgers with tomato and raisin rice and turkey, quinoa and zucchini meatballs with whole wheat pasta, all suitable for children aged one year and above. Founded by full-time mums, Carla Lewis and Antonia Ellis. For more information, visit: yumbymum.com.

3D DINING EXPERIENCE RETURNS



The entertaining 'Le Petit Chef' dining experience is returning to Dubai World Trade Centre's World Trade Club, from September 7, 2017, for another round of innovative 3D projection mapping and culinary delights from around the world.

Returning to perform the 'Dinner Time Story', expect to see the little chef tell the tale of Marco Polo's travels to different countries with a captivating performance on your table, across a six-course set menu journey. Taking place on Thursday, Friday and Saturday evenings, with two seating times each night at 7pm and 9pm. Dinner is priced at Dhs450 per person. For bookings visit: dinnertimestory.com.



Back to school lunch made easier

To help with the daily task of preparing packed school lunches that are nutritious and appealing to children, Spinneys supermarket has introduced a range of ideas that feature a selection of sustainably sourced, quality meats all free of added hormones, vegetables and school-worthy snacks and ready-prepared meals, prepared by Spinneys' team of dedicated chefs. Try combinations like crunchy quinoa falafel or miso chicken skewers, plus more.

Freda Molamphy, in-house nutritionist, Spinneys, said: "School lunches can be a terrific way to get children into healthy eating habits at a young age. With such a great variety of fresh foods available, not to mention the simple and speedy recipe ideas from Spinney's, you never need to be short of ideas for lunches, breaks and snacks that you know are nutritionally balanced and healthy." For more information, visit spinneys-dubai.com.



HOT HACK

Combining high GI foods (foods that affect your blood sugar quickly) with foods high in fibre, protein and fat helps to slow the release of sugars into the bloodstream. So, next time you eat a hunk of watermelon, enjoy alongside a portion of almonds.

LAURASTAR

LAURASTAR PULSE

EXPERIENCE THE ULTIMATE EXCELLENCE
IN GARMENT CARE SYSTEMS



The finishing touch to care for your clothes: steam is released in short intermittent pulses. Just the right dose of steam that your fabric needs is automatically diffused for an outstanding and lasting result.
More information on www.laurastar.com

For enquiries, for further information or to book your free home demonstration, please call 04 380 4284 or contact info@laurastar.terramar.com

SWISS TECHNOLOGY | DESIGN

Available to Purchase now at

Sharaf DG

LE BHV / MARAI
THE PARISIANS' FAVORITE DEPARTMENT STORE

JASHANMAL SINCE 1919

بيتر لايف
Better Life

Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

Toro & Ko Dubai, City Walk

Located at the licensed dining destination, The Square, Toro & Ko Dubai from chefs Ken Oringer and Jamie Bissonnette, is the latest eatery to open at City Walk. The celebrated Barcelona-inspired tapas bar is said to bring the soul and spirit of Barcelona to Dubai by way of Manhattan. With locations in Boston, New York, and Bangkok, Toro & Ko Dubai will introduce eclectic Spanish fare both chefs are known for, with a focus on local ingredients from the surrounding markets. *Call 04-5905433*

Flamingo Room by tashas, Jumeirah Al Naseem

Set to open doors this month, Flamingo Room by tashas is a new licensed casual chic dining concept by Natasha Sideris, Founder, Managing Executive and Creative Director of the tashas café brand. The 200-seat café style venue is located a stone's throw away from the Arabian Sea, and is said to offer an uncomplicated and clean menu, with dishes like lobster benedict with, a classic prawn avo ritz, white fish with sauce vierge and artichoke, beetroot quinoa salad, plus ribeye with coriander and herb butter. The restaurant will be open for breakfast, brunch, lunch easing into a chic relaxed evening environment for dinner and drinks. E-mail info@flamingoroombytashas.com.

Eggspectation, City Walk

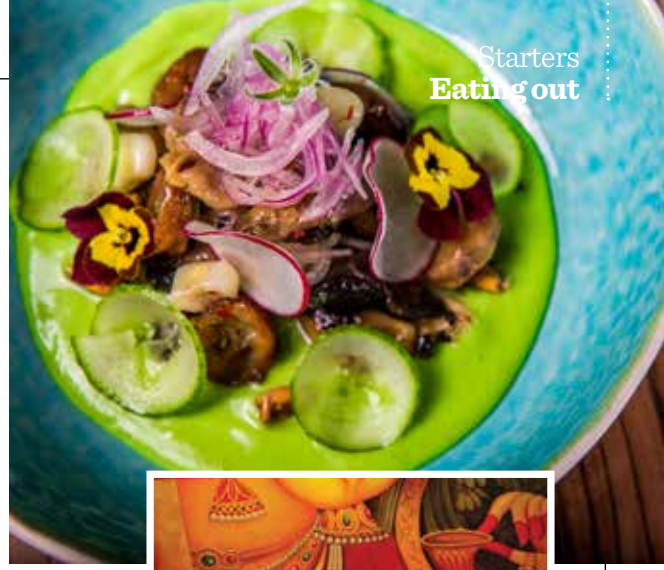
The firm breakfast favourite, Eggspectation, has opened another branch at City Walk – second to JBR. Known from brekkie, brunch and lunch delights like lobster benedict, fried chicken and waffles, juicy burgers, fresh salads, and of course the creative egg dish variations, Eggspectation is a Canadian-born concept with a welcoming and cozy atmosphere with both indoor and outdoor seating. *Call 04-2406877.*

LOCAL, TRYP by Wyndham Dubai

Barsha Heights has a new LOCAL. Located at the newly opened TRYP by Wyndham Dubai hotel LOCAL is set to provide a refreshing and energetic sanctuary for its customers. Expect dishes such as spinach basil freekeh risotto, forest floor salad or zaatar crusted salmon fillet as well as a variety of live food stations. As the season cools expect rustic oil-drum BBQ's serving up fresh feasts on the 150-seat terrace. *Call 04-2476630.*

Toro & Ko Dubai, City Walk

Text by SOPHIE MCCARRICK | Photographs SUPPLIED



Waka, The Oberoi Dubai

Set to take your weekends to a whole new level, get ready to salsa, merengue and bachata your way through Friday at Waka's new Fiesta Latina Brunch – showcasing a true taste of Latin America. Featuring the best in the dynamic region's cuisine coupled with the electric entertainment, from lively Latin American music to Brazilian Carnival dancers, this brunch promises fun. Serving a variety of the signature Waka dishes, chef Roberto and his team will be cooking everything from a wide selection of ceviches to mouthwatering maki rolls, followed by tender spare ribs and truffle quinoa risotto, plus more. Now taking place every Friday from 12pm to 4.30pm, the brunch is priced at Dhs250 with soft beverages, Dhs350 with house beverages, and Dhs495 with bubbly – all inclusive of brunch set menu. Happy Hour will then follow from 4pm – 7pm, with 50% off selected premium drinks. *Call 04-4441455.*

Rang Mahal by Atul Kochhar, JW Marriott Marquis Hotel Dubai

Following the March showdown between famed chef Atul Kochhar and South African celebrity chef Reuben Riffel; Battle of the Chefs is returning to Indian restaurant Rang Mahal once again on September 20, 2017, with new talents – MasterChef India Season 5 winner Kirti Bhoutika who will be taking on the first runner-up Ashima Arora. Starting at 7pm to 11.30pm, the evening is priced at Dhs350 per person for a 5-course menu made by the duo, who will be mentored by chefs Atul Kochhar and Amrish Sood on the night. Guests will enjoy welcome drinks and canapés while being entertained by radio and television presenter Tom Urquhart. *Call 04-4143000.*



Mazina, Address Dubai Marina



Looking for something to do this Friday? Sample the delightfully vibrant Friday brunch at Mazina where culinary delights from around the world are prepared live from five show kitchens. Suitable for families and friends, the brunch features entertainment by Mazina's house DJ. Brunch takes place every Friday from 12.30pm – 3.30pm, and is priced at Dhs315 with soft beverages, Dhs440 with house beverages and Dhs595 with bubbly. Children from the age of 6 to 11 enjoy 50% discount, while children aged 5 years and below dine with compliments. *Call 04-4367777.*

Seagrill Restaurant and Lounge, Fairmont The Palm

With the cooler weather making its way back to Dubai, Seagrill Restaurant & Lounge is re-opening its doors to set the stage for that late weekend lunch, sundowner beverage or relaxing evening wind down meal. Located at Fairmont The Palm, the beach side destination offers seafood platters, market-fresh fish and tender grill favourites. Providing iconic views overlooking the Dubai Marina Skyline, Seagrill Restaurant & Lounge will be open for lunch and dinner daily. Signature favourites include, poached octopus salad, crab cake and foie gras crumble, marinated lamb chops, the Seagrill burger, seabass escalivada and lobster rolls. Offering both indoor and outdoor seating, the restaurant is open from 12pm – 11.30pm (weekdays) and 12 noon – 12am (weekends). The lounge is open daily from 12pm to 2am with happy hour daily between 5pm and 7pm. Shisha service is available daily from 12noon – 1am. *Call 04-4573457.*



Rüya Dubai, Grosvenor House Dubai

This September, Rüya Dubai will re-launch its Friday brunch to offer diners a culinary journey through Anatolian cuisine classics, combined with beverages and live music for the whole family to enjoy. While multiple live food stations will showcase cold starters and desserts, hot appetisers and mains will directly be served to the table. Favourites include Rangers Valley rib eye, keşkek, lamb cutlets or whole grilled seabream. Brunch takes place every Friday from 12pm – 4pm and is priced at Dhs295 with soft drinks, Dhs495 with house beverages, and Dhs595 with bubbly. *Call 04-3999123.*

Ostro, dusitD2 Kenz Hotel

Enjoy a Mediterranean business lunch deal at Ostro for just Dhs70, inclusive of either a healthy appetiser and main course or main course and a dessert – an ideal package for those looking for a quick but quality lunch. Dishes on offer include the likes of carpaccio di manzo (pepper crusted beef tenderloin with Parmesan and capers), ravioli alla Raimondo (chicken, spinach, shiitake mushrooms, ricotta, tomato cream), and double chocolate pecan brownie. *Call 04-5672246.*



The Experience by Reif Othman, H Hotel

Dubai's most exclusive take on a Chef's Table, The Experience by Reif Othman, will re-launch this month. The unique concept is designed to seat just 12 people. Chef Reif creates a bespoke 10-course menu tailored to suit the preferences of guests using only high-quality ingredients, sourced from all over the world. *Call 04-3362222.*

Nosh, Mövenpick Hotel Jumeirah Lakes Towers



Perfect for families with younger children, the newly launched 'Cartoon Brunch' at Nosh restaurant takes place every Friday from 12.30pm to 4.00pm. The innovative cartoon series inspired brunch is an exciting experience of illustrative food presentations and entertainment for grown-ups and children alike. Expect the buffet selection to deliver a rush of nostalgia with live cooking stations, Fred's favourite roasts, Homer's burger and hot dog station, seafood, kung fu sashimi and sushi rolls, mutant Ninja pizzas and desserts. Little brunch-goers will be greeted by the team at Nosh dressed in their favourite cartoon characters while enjoying a range of entertainment in the privacy of the dedicated kids' area boasting with a 'Power Bites' buffet, face painting, films, colouring mats, a photobooth and other activities. Priced at Dhs149 with soft beverages and Dhs259 with house beverages. Children from 6 years to 12 years dine at half price while those under 6 years dine complimentary. *Call 04-4380000.*

Cali-Poke, Churchill Tower

Open as of September 1, 2017, Cali-Poke boasts a Peruvian inspired flare and a range of options to build your own poke bowl creation. The menu features a wide variety of superior grade seafood options and several authentic poke sauces. Other items include a house secret Peruvian take with roasted cancha, sweet potato and citrus based ceviche sauces. *Call 04-4312067.*

The Croft, Dubai Marriott Harbour Hotel & Suites

A new 'Curry Night' has launched at The Croft every Tuesday, focusing on a flavoursome menu of some of the world's favourite curries, served with a contemporary British twist. Spice up your palate and tuck into a chicken tikka masala, coconut shrimp curry, lamb balti or 'The Croft' garden curry, all served with basmati rice, potato samosa, homemade mango chutney, mango pickle as well as a selection of authentic Indian breads, raita and mint coriander cream. The Croft's British Curry Night takes place every Tuesday from 6pm – 11pm, starting from Dhs95 for curries and Dhs49 each for craft hops throughout the evening. *Call 04-3194000.*



FIVE Palm Jumeirah Dubai

Let new-kid-on-The-Palm, FIVE Palm Jumeirah Dubai soothe those stress lines with a dining and spa deal sure to deliver delicious dishes with a side of Zen. Available until September 31, treat yourself to lunch at Maiden Shanghai or Quattro Passi, followed by a 45-minute massage at The Spa for just Dhs299 per person with the 'De-stress and Dine' deal. Lunch and the massage must be redeemed on the same day or separately within seven days, and you can choose from a selection of 45-minute massages at The Spa. At Quattro Passi, Southern Italian cuisine meets real family cooking with ingredients flown fresh from chef Antonio Mellino's farm. Traditional Chinese flavours are blended with creativity and flair at Maiden Shanghai, with its boldly modern interior. Guests can choose from a three-course lunch at either restaurant. *Call 04-4559988.*

Bread Street Kitchen, Atlantis, The Palm

Love a good pie? This one's for you! Bread Street Kitchen, located in The Avenues at Atlantis, The Palms, has launched a new 'Pie and Pairing' menu every Tuesday for Dhs145 per person from 6pm till 10.30pm. The humble British pie will be making a weekly appearance paired with a selected glass of grape, cocktail or a balanced and full flavoured craft hop. Weekly specials will include the likes of chicken and morel with short crust pastry, the 'royal fish pie' with scallops and lobster, plus more. *Call 04-4262626.*





WAKA RESTAURANT & BAR BRINGS A PIVOTAL PIECE OF LATIN AMERICA TO DUBAI.

Featuring a diverse menu of the most original dishes, infused with a creative culinary twist, Waka brings with it a unique experience and a vibrant atmosphere that will take you to a fun and sophisticated night.

Waka is located at the Oberoi Dubai. For bookings, please contact +971 4 444 1455 or reservations@waka.ae

/wakadubai
www.waka.ae

WAKA

Tried & tasted

Each month, we review two of the city's top tables.





Reviewed by Sophie McCarrick

Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.







Where?
OSSIANO, ATLANTIS, THE PALM

Dining experience: Dinner

What's it like? Perfect for those looking for somewhere to celebrate a special occasion or simply treat themselves, Ossiano offers an 'underwater' dining experience to remember. With floor-to-ceiling aquarium views into a rather breathtaking 'Ambassador Lagoon' that boasts 65,000 marine animals from shark to grouper all from local waters (not for eating), Ossiano is a spectacular venue. It comes as no surprise that it's a popular location to pop the big question, with the option to have a scuba diver swim in front to present a message board to your table.

Seated looking into the aquarium is all quite mesmerising. There's an air of elegance in Ossiano, and carefully thought out décor that transports you to a regal, enchanting underwater world, with pearl-like touches, crisp white table cloths and dazzling chandeliers throughout.

What are the food highlights? Led by French chef Gregoire Berger, Ossiano's cuisine is contemporary and inspired by tasteful modern Mediterranean influence. While there's an a la carte menu available, the Ossiano Experience menu is a popular choice, which allows for four, five or seven courses.

The journey begins with a refreshing Kelly Oyster atop cooling apple and ginger granite, sour cream and pickled cucumber. The Alaskan king crab with mandarin, mascarpone yuzu, cream and vanilla pickled carrots that follows is equally as pleasing.

One of my favourite dishes of the night proceeds – the rainbow trout 'floating island', is truly magnificent. It's a dish I've craved for since. The smoky trout was perfectly paired with light to dense cauliflower textures, and finished with a delectable layer of flavoursome Sturia caviar.

To continue, a portion of Challan's duck breast with confit leg 'won ton', cider glaze and roasted apple, is served. Tender and succulent, the duck oozes a meaty taste that I savour. Next, a sensational dish of caramelised black cod with homemade linguine, almond foam and zucchini. The cod melts in the mouth and leaves a wonderful honeyed after taste that is complemented by light, al dente pasta.

Depending on the course option you choose, a cheese board with the likes of

Photographs SUPPLIED





creamy brie and crumbly, distinct blue is served now.

Dessert options, we're told vary evening to evening, depending on the pastry chef's choice. We were lucky enough to try the beautifully presented apple tart, which came accompanied by the most incredible, moorish caramel drizzle.

How was the service? Second to none, the team at Ossiano ensured that high standards from the kitchen were mirrored front of house.

The bottom line: A stunning meal inside an enchanting restaurant. Breathtaking surroundings aside, I believe chef Gregoire's talent is really the star of the show here, with his attention to detail and French finesse shining through in the cuisine.

Want to go? The Ossiano Experience Menu is priced at Dhs670 for four courses, Dhs785 for five courses and Dhs890 for seven courses. For more information or to make a reservation, please call 04-4262000, or visit atlantisthepalm.com.





Where?
GAUCHO DUBAI, DIFC

Dining experience: Dinner

What's it like? One for the carnivores, Gaucho Dubai is an Argentinian Steakhouse, priding itself on offering premium speciality beef directly from Argentina to the plates of diners worldwide – including outlets in the UK, Hong Kong, Buenos Aires and of course, Dubai.

Inside, the scene is stylish and contemporary – the restaurant and bar/lounge area boasts casual sophistication and an upbeat atmosphere. Sultry black carpets and tables paired with chairs and walls adorned in sleek cow hide, plus shined silver light fixtures, give the outlet quite a glamourous feel.

What are the food highlights? Dinner here is indulgent, so come hungry! We get off to an impressive start when the bread basket arrives with incredibly delicious pandebono cheese-infused bread – it's so good that we ask for more (which, in hindsight we probably should not have, seeing as courses to follow are generous and filling – but nonetheless, it was just *that* good!).

Steak is the obvious meal choice and faced with a large selection to choose from, our server kindly brings out a tray of cuts to the table to explain the varieties on offer.

Sharing-style starters arrive and my dining partner and I delight in a serving of fall-off-the-bone, braised beef back ribs glazed in hoisin and chili orange sauce with sesame seeds – these were to die for, and I'd highly recommend treating yourself to some. Secondly, the crisp lobster tacos offered a subtle kick with coriander mayonnaise, red onion, iceberg lettuce and fresh lime.

For mains, we shared a tasting plate of three cuts – the lomo fillet, which was lean and tender with subtle flavour, the ancho rib-eye, which was full-bodied in flavour and delicately marbled throughout with a little more chew to the previous, and lastly the tastiest of the three, the cuadril rump, which was the leanest cut with a pure, distinctive flavour. I'm not one for putting much – if any – sauce on my steaks, but the chimichurri marinade and salsa verde sauce here is a must-try and finishes the meat off perfectly. On the side, the himita saltena, served in a corn husk with sweetcorn, mozzarella and basil is an Argentinian treat not to miss.

Try, if you can, to save room for dessert as the dulce de leche fondant with Amaretto curd, is dreamy indulgent excellence.

How was the service? Attentive and informative. The menu's use of Spanish terminology made it a little difficult to understand what certain cuts and dishes were, but the team here were well-versed and always on hand to help and ensure comfort.

The bottom line: A stylish and lively venue, perfect for enjoying with family or friends over a wholesome, hearty meal. We'll be returning to check out the restaurant's newly introduced 'Meat Me Mondays', which offers diners a meat-feast dinner paired with half a bottle of grape for Dhs395 every Monday, or Dhs250 for food only.

Want to go? Priced at around Dhs450 per person for three courses, without beverages. For more information or reservations, please call 04-4227898, or e-mail events.dubai@gauchorestaurants.com.

Natural Fruit & Veggie Disinfectant Wash

oy! NATURAL

For Extra Disinfected Fruit & Veggie

- EDIBLE INGREDIENTS
- NO HARSH CHEMICALS
- NO AFTERTASTE
- NO RESIDUE



oy! For more, go to **oyproducts.com** Follow /oyproducts

علامة الجودة الإماراتية
Emirates Quality Mark



CHEF KELLER'S *Dubai debut*

As the launch of his successful US-born concept, Bouchon Bakery nears in Dubai, we speak to iconic chef Thomas Keller to learn how he places French finesse at the heart of his restaurants. **By Sophie McCarrick**

Renowned for exceptionally high standards and perfected culinary skills, chef Thomas Keller is the first and only American-born chef to hold multiple three-star ratings from the Michelin Guide, and at present, his restaurants carry seven Michelin stars in total: three at Per Se, three at The French Laundry, and one at Bouchon Bistro – all of which are located in the US. Chef Keller is also the first American male chef to be designated an 'Ordre national de la Légion d'honneur' (Chevalier of The French Legion of Honour), the highest decoration in France, in addition to countless other much-deserved awards and accolades.

It goes without saying that he's one of the world's most celebrated chefs, who played a major role in refining food across America, and now we see him heading to Dubai to open his first

Photographs SUPPLIED









"I want to give our guests in the Middle East a taste of the magic I first discovered in France at boulangeries. I still remember the tastes and scents – the fresh bread, the desserts – and I'd like to share these memories with guests"

Middle Eastern outpost – Bouchon Bakery at Jumeirah Beach Residence – as part of a franchise partnership with international retail franchise operator M.H. Alshaya Co.

Due to open later this year in Dubai, then in Kuwait and other GCC countries next year, Bouchon Bakery is a concept inspired by classic French boulangeries, and will offer a wide selection of artisanal breads and classic desserts inspired by Chef Keller's childhood memories and of his time in France. The bakery will also feature an array of sweet delights including classic viennoiserie, such as croissants and pain au chocolat, breakfast items like a selection of egg dishes, French toast as well as an ever-changing selection of tarts, cookies, sandwiches, quiche, soups and salads.

Taking us behind the scenes, we get to know the man behind it all a little better. Here's what he shared with us...

Tell us about yourself, and how your journey in the kitchen began...

My family had a great impact on my path to the kitchen. I grew up watching my mother manage restaurants, and my first job was washing dishes after school, learning the importance of hard work and discipline. Later, my brother Joseph, already a cook, taught me technique and guided my early



years. When I first started cooking, it was the rituals of the work that I enjoyed: I took pleasure in striving daily to improve whatever it was I was doing, whether it was loading the dishwasher rack for perfect efficiency, or trying for two years to perfect making hollandaise sauce.

BOUCHON BAKERY

Since 2003, Bouchon Bakery has been Thomas Keller's unique take on a French boulangerie, offering sandwiches, quiche, soups and salads, as well as a wide range of artisanal viennoiserie, confections, pastries, tarts and cookies both French and American in influence. With locations across the U.S. in Napa Valley, Beverly Hills, Las Vegas and New York, Bouchon Bakery will open later this year to guests in Dubai, Kuwait, and Qatar as its first branches outside of the United States.

Then I went to work for Roland Henin, a chef who showed me that cooking is not just a job. Cooking is about having awareness and sensitivity to the point that you feel a connection to the food and your guests. It is not about satisfying yourself, but about nurturing other people.

Two years after opening The French Laundry in Yountville, CA (on July 6 this year, we celebrated our 23rd anniversary), I began thinking about furthering the success of the restaurant, of having an impact on the industry, perhaps of even establishing a legacy. Eventually these vague thoughts became distilled in a philosophy that I can best sum up in one key word, "finesse." Finesse is so important to me that we have plaques on the walls in the French Laundry and Per Se kitchens that spell out the definition: "Refinement and delicacy of performance, execution or artisanship."

What attracted you to open Bouchon Bakery in Dubai?

I originally opened Bouchon Bakery as a place that would foster community and provide a foundation for memories. Whether it is a croissant, a sandwich or a chocolate-chip cookie, the food we serve at Bouchon inspires joy that speaks across generations. I am pleased to see Bouchon extend outside the United States to enhance its community. We selected Alshaya as a partner because of their success of franchising international brands.

How would you describe the dining experience at Bouchon Bakery?

I want to give our guests in the Middle East a taste of the magic I first discovered in France at boulangeries. I still remember the tastes and scents – the fresh bread, the desserts – and I'd like to share these memories with guests in other places.

Any other expansion plans to come in the region?

We have three markets confirmed - Kuwait, Qatar and UAE – with more in the pipeline.

At the heart of all your restaurants, what philosophy runs parallel with all?

We stress the importance of focusing





"Finesse is so important to me that we have plaques on the walls in the French Laundry and Per Se kitchens that spell out the definition: Refinement and delicacy of performance, execution or artisanship."

on one guest at a time; it's our unifying philosophy. We consider it our professional responsibility to ensure that every one of our guests feels special and cared for. To us, it is imperative that we improve and evolve every day, so we are constantly examining ourselves, our menu, our service and our standards to reach a level of hospitality that exceeds our guests' expectations. True hospitality is about making people happy.

Bouchon Bakery is renowned for its perfected savoury and sweet baked goods. For our readership of home cooks with a love for pastry, what essentials would you recommend investing in?

In our Bouchon Bakery cookbook, we emphasise the importance of weighing ingredients over measuring for precision. I would encourage home cooks to pick up a kitchen scale. You'll learn to appreciate the precision and you'll elevate your skill set as well. No chef should be without an all-purpose whisk, especially one with an elongated shape and multiple, flexible wires to maximise functionality and track the bottom and sides of bowls and saucepans.

For aspiring chefs starting out, looking to get into the industry, what would your advice be?

I offer two words of advice. The first word is patience. I remind anyone starting out on an ambitious task to take time to learn the skills that you will need. Do not rush! Cooking is fun, it is rewarding, and it gives us the opportunity to nurture others. That is the real reason we cook. Be patient and enjoy where you are while you are there. The second word is persistence. Don't let anyone tell you that you can't do something. Try, try, try! I became who I am today because I believed in myself. I never gave up, I couldn't and wouldn't.

To find out more about Bouchon Bakery, follow them on Facebook and Instagram @BouchonBakeryME



BBC goodfood Middle East AWARDS 2017

WE ARE NOMINATED AS BEST ITALIAN RESTAURANT

VOTING IS NOW OPEN

IL BORRO
TUSCAN BISTRO

DUBAI

CELEBRATING AN INCREDIBLE TUSCAN LEGACY

If there's a way to enjoy authentic Italian cuisine without making a trip to Italy, it would have to be over a delightful meal at Il Borro Tuscan Bistro Dubai. No pretense, just traditional, home-style cooking. Tuck into hearty flavours crafted with organic produce grown and sourced from our very own Il Borro farms in Tuscany.

Jumeirah Al Naseem Hotel, Turtle Lagoon, Dubai, United Arab Emirates
To make a reservation, call +971 4 275 2555 or email reservations@ilborrotuscanbistro.ae

We are thrilled to be nominated by BBC Good Food Awards Middle East as Best Italian Restaurant.
Cast your vote now to be in for a chance to win a stay for two in the Maldives.
ilborrotuscanbistro.ae

Boosting breakfasts

Don't be tempted to skip breakfast – you need to re-energise after sleeping and to keep you satisfied until lunch

Homemade muesli with oats, dates & berries

Traditional oats, pecans, seeds, dates and puffed wheat all add to the taste and texture of this delicious muesli, plus it's topped with gut-healthy yogurt and berries. This makes enough for two mornings, so store half in an airtight container for up to two weeks.

gf tip

Pecans are rich in heart-friendly monounsaturated fats, so although this recipe looks high in fat, it's packed full of the healthy variety.

SERVES 4 **PREP** 5 mins **COOK** 2 mins
EASY V

100g traditional oats
12 pecan nuts, broken into pieces
2 tbsp sunflower seeds
6 pitted medjool dates, snipped into pieces
25g high-fibre puffed wheat (we used Good Grain)
4 x 150ml pots bio yogurt
300g mixed berries, such as raspberries, strawberries and blueberries
generous sprinkling of ground cinnamon (optional)

1 Tip the oats into a frying pan and heat gently, stirring frequently until they are just starting to toast. Add the pecans and seeds to warm briefly, then tip into a large bowl and toss so they cool quickly.
2 Add the dates and puffed wheat, mix well until thoroughly combined, then serve topped with the yogurt and fruit, and a sprinkling of cinnamon, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c • 1 of 5-a-day
PER SERVING 478 kcals • fat 23g • saturates 5g • carbs 46g • sugars 24g • fibre 7g • protein 17g • salt 0.3g

Mushroom baked eggs with squished tomatoes

Ideal for a weekend breakfast, this starts your morning with 2 of your 5-a-day.

SERVES 2 **PREP** 5 mins
COOK 30 mins **EASY** V

2 large flat mushrooms (about 85g each), stalks removed and chopped
rapeseed oil, for brushing
½ garlic clove, grated (optional)
a few thyme leaves
2 tomatoes, halved
2 large eggs
2 handfuls rocket

1 Heat oven to 200C/180C fan/gas 6. Brush the mushrooms with a little oil and the garlic (if using). Place the mushrooms in two very lightly greased gratin dishes, bottom-side up, and season lightly with pepper. Top with the chopped stalks and thyme, cover with foil and bake for 20 mins.
2 Remove the foil, add the tomatoes to the dishes and break an egg carefully onto each of the mushrooms. Season and add a little more thyme, if you like. Return to the oven for 10-12 mins or until the eggs are set but the yolks are still runny. Top with the rocket and eat straight from the dishes.

GOOD TO KNOW healthy • low cal • low fat • folate • 2 of 5-a-day • gluten free
PER SERVING 147 kcals • fat 8g • saturates 2g • carbs 5g • sugars 5g • fibre 3g • protein 12g • salt 0.3g





Pink barley porridge with vanilla yogurt

The pink comes from the plums that colour the porridge as it cooks. Barley adds an intriguing texture and also lowers cholesterol, aids digestion and releases its energy slowly, helping to regulate your appetite. This recipe makes enough for two mornings, so store half in an airtight container in the fridge for up to three days.

SERVES 4 **PREP** 10 mins plus overnight soaking
COOK 15 mins **EASY** **V**

100g pearl barley
75g traditional oats
4 large or 8 small ripe red plums, stoned and chopped
½ tsp vanilla extract
4 x 150ml pots bio yogurt
2 tbsp sunflower seeds

1 Tip the barley and oats into a bowl, pour over 1 litre boiling water, stir, cover and leave to soak overnight.
2 The next morning, tip the mixture into a pan and stir in the plums. Simmer for 15 mins, stirring frequently and adding a little water if necessary to get a consistency you like.
3 Stir the vanilla into the yogurt and serve on top of the porridge with the seeds sprinkled over.

GOOD TO KNOW healthy • low fat • calcium • 1 of 5-a-day
PER SERVING 371 kcals • fat 10g • saturates 4g • carbs 52g • sugars 18g • fibre 4g • protein 15g • salt 0.3g

gf tip

You can serve the second portion cold or warmed through another day in a pan with a drop of milk or water.



Sweet potato pancakes with orange & grapefruit

Sweet potatoes contain beta-carotene, a protective antioxidant, and although naturally sweet, they don't cause blood sugar disruption. Citrus fruits like oranges are rich in collagen-supportive vitamin C, so are great for skin health and elasticity.

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY** **V**

325g sweet potatoes, peeled and coarsely grated
½ tsp vanilla extract
2 oranges, 1 zested, both cut into segments
150g ricotta or bio yogurt
2 large eggs
½ tsp baking powder
2 tsp rapeseed oil
2 grapefruits, cut into segments
small handful mint leaves

1 Put the sweet potato in a bowl, cover with cling film and cook in the microwave on high for 5 mins (or steam them). Mash the potato with a fork. When cooled a little, beat in the vanilla, orange zest, ricotta, eggs and baking powder to make a batter.
2 Heat the oil in a non-stick frying pan and fry spoonfuls of the batter for a few mins. Carefully flip the pancakes to cook the other side. When done, set aside on a plate and cook the remaining batter, aiming for eight pancakes (four for now and four for another day – keep in the fridge and reheat in a microwave or in a pan). Alternatively, cook half the batter now, reserving the rest for another day – but you will need to add ¼ tsp baking powder to the mixture before using it.
3 Mix the grapefruit and orange segments with mint and serve with the pancakes.

GOOD TO KNOW low cal • folate • vit c • 2 of 5-a-day • gluten free
PER SERVING 228 kcals • fat 9g • saturates 4g • carbs 24g • sugars 16g • fibre 4g • protein 10g • salt 0.4g

dinner dash WATERCRESS

It's not just for soups and sandwiches – try these three delicious new ideas

recipes ESTHER CLARK ***photographs*** MIKE ENGLISH

Artichoke & watercress linguine

SERVES 2 V

Blitz together the watercress, 3/4 of the artichokes, the ricotta and 3 tbsp olive oil from the jar, then season to taste. Bring a large pan of salted water to the boil and cook the linguine following pack instructions until al dente. Toss the pasta with the watercress pesto along with the remaining artichokes and a ladleful of pasta water. Finish with an extra drizzle of olive oil and black pepper.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 679 kcals • fat 27g • saturates 5g • carbs 84g • sugars 3g • fibre 13g • protein 19g • salt 2.3g



100g watercress

+



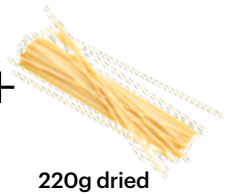
280g jar artichokes in olive oil

+



60g ricotta

+



220g dried linguine

=



Gammon with watercress & mustard lentils

SERVES 2 P

Heat 1 tbsp olive oil in a medium-sized saucepan. Add the lentils, 1 tbsp dressing, 1/2 the watercress and 150ml of water, and cook for 7-8 mins or until the watercress has wilted and the lentils have broken down a little. Season. Heat a griddle pan over a medium heat, drizzle the steaks with oil and cook on either side for 5 mins. Serve with the lentils and remaining watercress tossed in the rest of the dressing.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 604 kcals • fat 29g • saturates 7g • carbs 27g • sugars 2g • fibre 10g • protein 55g • salt 6.4g



250g pouch cooked puy lentils

+



4 tsp honey mustard dressing

+



100g watercress

+



2 smoked gammon steaks

=



Bean, tomato & watercress salad

SERVES 2 V

Drain and rinse the beans, then combine in a bowl with the watercress, zest and juice of the lemon, tomatoes and olives, including the oil from the pack. Toss well and season to taste.

GOOD TO KNOW vegan • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 454 kcals • fat 23g • saturates 3g • carbs 40g • sugars 5g • fibre 10g • protein 16g • salt 4.8g



2 x 400g can cannellini beans

+



100g watercress

+



1 lemon, zested & juiced

+



250g pack sundried tomatoes and olives

=



Food stylist ANNIE RIGG | Stylist SARAH BIRKS

Talabat

YOUR ULTIMATE DESTINATION FOR FOOD ORDERING IN THE UAE

Talabat is now the biggest online food ordering platform in the GCC

Talabat offers unlimited food options from thousands of restaurants

UNLIMITED CHOICES, JUST A TAP AWAY

With our fast-paced lifestyle, Talabat comes as the perfect food partner that complements our every day's schedule. With just a few taps, you can satisfy your cravings and access the largest selection of cuisines and eateries in the GCC. You can place an immediate order or schedule one for later, while being able to modify your selection to ensure it suits your preferences. Whether you are looking for healthy food items, local cuisines, or exotic options, Talabat will always satisfy your taste buds.

A TRUE HOMEGROWN SUCCESS STORY

Over a decade ago, a small group of entrepreneurs launched Talabat in Kuwait. The aim was to create an online food ordering service that gives people access to restaurants in an easy and efficient manner, all from the ease of their own home. With just a few taps, customers could easily order food to be delivered to their location, from a wide variety of restaurants, ranging from global franchises to local concepts. What started as a vision soon turned into a reality and Talabat's success grew beyond Kuwait and expanded to the rest of the GCC region & Jordan. In 2015, Talabat became part of Delivery Hero, the leading global online food ordering and delivery marketplace.

Fast-forward to 2017, Talabat has become the largest and most popular food ordering app in the region connecting users to more than 4,000 restaurants that cater to all taste buds. "Talabat links restaurants with customers through its platform, offering a win-win solution to both hungry customers and great restaurants – staying true to the brand promise, of 'food ordering, simplified'," said Abdulhamid Alomar, the CEO of Talabat.

WHY WE LOVE TALABAT

- You can easily search for your favourite food by area, cuisine, payment options and more from a wide range of restaurants
- Browse through food delivery menus
- You can either order for immediate delivery or schedule for later
- 24/7 live chat support
- Pay by either cash or card
- Customize your order: add extra toppings, sauces and more



Find a Restaurant → **Order Your Meal** → **Pay by Cash or Card** → **Enjoy Your Food**

WANT TO KNOW MORE? Head over to Talabat.com or go to the app store on Apple or Android products and download Talabat.

healthy sandwiches

Packed full of goodness

Shop-bought sandwiches can be high in fat, sugar and salt, so we've given the great lunchtime favourite a healthy makeover

recipes SARA BUENFELD ***photographs*** SAM FOLAN

Grabbing a sandwich at lunchtime can be convenient, but some are not as healthy as they might seem. Chutneys loaded with sugar, and high-fat cheeses and dressings make some high-street sandwiches as calorific as burgers.

It doesn't have to take long to make your own lunch, and it's an easy way to add nutrients to your diet, especially from veg, which will help you with your 5-a-day.

Our healthy sandwiches keep the bread to a minimum but are packed with good things like slow-release energy from lean protein, fish rich in omega-3 and beans, which will keep you full until supper. There are worries that shop-bought bread is high in salt, so keep an eye on portion size. Always go for a fibre-rich loaf rather than refined white bread, which offers no nutrition.

Along with thin-cut wholemeal bread, we've used wholemeal and seed wraps and pitta, but crispy romaine lettuce also makes a great wrap and is gluten free. Swap mayo for Greek yogurt to cut calories.



Herby chicken gyros, p30

Veggie olive wraps with mustard vinaigrette

Eat the rainbow when it comes to veg – the more colourful, the more diverse the nutrients you add to your diet. Orange, purple and green are all used here in a seeded wrap.

SERVES 1 **PREP** 10 mins
NO COOK V

1 carrot, shredded or coarsely grated
80g wedge red cabbage, finely shredded
2 spring onions, thinly sliced
1 courgette, shredded or coarsely grated
handful basil leaves
5 green olives, pitted and halved
½ tsp English mustard powder
2 tsp extra virgin rapeseed oil
1 tbsp vinegar
1 large seeded tortilla

1 Mix all the ingredients except for the tortilla and toss well.
2 Put the tortilla on a sheet of foil and pile the filling along one side of the wrap – it will almost look like too much mixture, but once you start to roll it firmly it will compact. Roll the tortilla from the filling side, folding in the sides as you go. Fold the foil in at the ends to keep stuff inside the wrap. Cut in half and eat straight away. If taking to work, leave whole and wrap up like a cracker in baking parchment.

GOOD TO KNOW healthy • vegan • low fat • low cal • calcium • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 281 kcals • fat 12g • saturates 2g • carbs 31g • sugars 12g • fibre 10g • protein 8g • salt 0.9g

Switch it up

Not a fan of olives? Spread the wrap with a nut butter like peanut, almond or cashew instead before adding the filling. Go for a sugar-free butter without palm oil. It will add more protein but also a little extra fat too, so don't slather on too much.



Herby chicken gyros

Although salad might be an obvious choice to pack into a pitta, you need to eat an awful lot of leaves to achieve 1 of your 5-a-day. Instead, go for nutrient-dense veg like peppers and avocado, which you can eat less of and still achieve your target.

SERVES 2 **PREP** 10 mins
COOK 4 mins **EASY**

1 large skinless chicken breast
rapeseed oil, for brushing
small garlic clove, crushed
½ tsp dried oregano
2 tbsp Greek yogurt
10cm piece cucumber, grated, excess juice squeezed out
2 tbsp chopped mint, plus a few leaves to serve
2 wholemeal pittas
2 yellow or red tomatoes, sliced
1 red pepper from a jar (not in oil), deseeded and sliced

1 Cut the chicken breast in half lengthways, then cover with cling film and bash with a rolling pin to flatten it. Brush with some oil, then cover with the garlic, oregano and some pepper. Heat a non-stick frying pan and cook the chicken for a few mins each side. Meanwhile, mix the yogurt, cucumber and mint to make tzatziki.
2 Cut the tops from the pittas along their longest side and stuff with the chicken, tomato, pepper and tzatziki. Poke in a few mint leaves to serve. *If taking to the office for lunch, pack the tzatziki in a separate pot and add just before eating to prevent the pitta going soggy before lunchtime.*

GOOD TO KNOW low fat • low cal • fibre • 3 of 5-a-day
PER SERVING 352 kcals • fat 9g • saturates 4g • carbs 34g • sugars 6g • fibre 6g • protein 31g • salt 1.4g

Switch it up

A small bit of lean steak is a healthy alternative to the chicken and is rich in iron, B vitamins and zinc.

Skinny BLT

We've replaced the butter and mayo with healthy avocado, which also provides 1 of your 5-a-day - a little goes a long way!

SERVES 2 (easily halved)
PREP 5 mins **COOK** 4 mins **EASY**

4 slices beef bacon
1 small avocado
4 thin slices wholemeal bread (from a small loaf)
2 tomatoes, sliced
1 Little Gem lettuce, shredded

1 First, cook the beef bacon. Heat a non-stick pan, add the slices in a single layer without oil and cook for a few mins each side until they are starting to crisp.
2 Meanwhile, stone the avocado and scoop the flesh into a bowl. Roughly mash, then spread on the bread. Top two slices of the bread with the tomato, some beef bacon, the lettuce, then the rest of the beef bacon. Sandwich with the remaining bread and halve to serve. You can keep the sandwich together with a cocktail stick.

GOOD TO KNOW low cal • folate • fibre • 3 of 5-a-day
PER SERVING 286 kcals • fat 14g • saturates 3g • carbs 22g • sugars 5g • fibre 8g • protein 14g • salt 1.8g



Switch it up

- If you like the combo of lettuce, avocado and tomato, lots of other ingredients go well with these flavours. Try skinless chicken, lean roast beef or Atlantic prawns.
- For a veggie version of this sandwich, spread the bread with houmous, then thinly slice the avocado and use it instead of the beef bacon.



Lemony salmon & lettuce wraps

Most of us reach for canned tuna rather than salmon. But salmon provides omega-3, which we should be eating at least once a week. This recipe uses crisp lettuce rather than tortilla wraps.

SERVES 2 **PREP** 10 mins **NO COOK**

400g can cannellini beans, rinsed and drained
213g can wild red salmon, drained, skin and bones removed if you like
½ lemon, zested and juiced
1 spring onion, finely chopped
1 tbsp Greek yogurt
1 tbsp dill, chopped
8 large romaine lettuce leaves

1 Mix together all the ingredients except the lettuce in a bowl.
2 Trim the chunky part of the stalk at the base of each lettuce leaf so they are easier to roll up, then place the leaves in pairs on top of each other, head to toe. Spoon on the salmon mixture, then roll up and keep in place with strips of baking parchment, which make the wraps easier to hold and eat. *Pack into a container to keep the wraps from getting crushed and, if possible, chill to keep the lettuce crisp.*

GOOD TO KNOW healthy • low fat • low cal • calcium • folate • fibre • omega-3 • 2 of 5-a-day • gluten free
PER SERVING 334 kcals • fat 11g • saturates 3g • carbs 17g • sugars 3g • fibre 10g • protein 36g • salt 1.3g

Switch it up

For an alternative filling, try a homemade tomato salsa of red beans, coriander, chilli and lime with lean chicken or turkey.





Feta toast with minty beans

This open sandwich provides 2 of your 5-a-day. Toasting the bread adds texture and stops it going soggy if you're taking it to work for lunch.

SERVES 1 **PREP** 5 mins **COOK** 3 mins **EASY** V

3 heaped tbsp frozen soybeans or baby broad beans
1 tsp extra virgin rapeseed oil
1 tsp vinegar
½ garlic clove, finely grated
1 mint sprig, leaves chopped
1 slice rye and wheat dark sourdough bread
1 heaped tbsp Greek yogurt
15g feta
1 ready-cooked beetroot, sliced

1 Boil the beans following the pack instructions, about 3 mins, then drain and mix with the oil, vinegar, garlic and mint. Meanwhile, toast the bread.
2 Mix the yogurt with the feta to make a rough paste, then spread half onto the toast. Top with the beetroot slices, then spread on the rest of the feta mix and pile the beans on top. Eat with your fingers or a knife and fork. *Take all the different bits for the sandwich to work in small tubs and build it at your desk*

GOOD TO KNOW calcium • folate • fibre • 2 of 5-a-day
PER SERVING 377 kcals • fat 13g • saturates 6g • carbs 42g • sugars 9g • fibre 10g • protein 17g • salt 1.6g

Switch it up

- For an alternative topping, try mashed avocado with poached salmon instead of the feta mix (smoked salmon or other cured fish isn't a healthy choice because of its salt content).
- You could also swap the feta for a blue cheese, and top with pear instead of beetroot, and a few walnuts and dried dates or raisins instead of the beans.

Food styling ELLIE JARVIS | Styling FAYE WEARS

THE REAL PARENTS' GUIDE

Healthier packed lunches

Whether you're heading out on a day trip or planning school lunches, make your life easier with lunch ideas your kids will enjoy, from busy parents Barney Desmazery and Helen Barker-Benfield

Photographs ROB STREETER



"I know how easy it is to get into the rut of packing a simple sandwich and a bag of salty snacks for lunch to keep your kids happy. But it doesn't have to be that way. Maisie and Jack both eat mangoes and prawns, so I combine them into a salad. They enjoy pesto chicken, so that gets turned into a sandwich filling.

'I've found that if I use foods and flavours I know my kids already like, they – like most children – will love opening their lunchboxes and, more importantly, will eat the contents."

Barney Desmazery, Food editor and dad to Maisie and Jack

"Eva has always been an adventurous eater, but when I'm busy, it's easy to just make the same old things. To combat that, I've had to think of ways to be more inventive.

'She's not keen on sandwiches, so as long as I put a filling in a wrap or serve it with pitta, she's happy. And instead of butter, I use hummous or even reduced salt and sugar ketchup as a spread. I've come up with ideas that will appeal to her and can still be made in a flash."

Helen Barker-Benfield, regular Good Food contributor and mum to Eva



OUR FAIL-SAFE IDEAS FOR LUNCHBOX SUCCESS

- A portion of fruit or veg for kids is based on their handful, not an adult's, so don't overload them with more than they can eat.
- Children go through phases with sandwich fillings. If you're stuck on just one, vary the bread to add interest. Pitta one day, wholemeal or a wrap on other days.
- Let your children write a menu based on which days they have certain things in their packed lunch – if they've been involved in the choice, they're more likely to eat it.
- Try something new once a week as a way to introduce a wider range of food – chicken drumsticks are often a surprise hit, or a hard-boiled egg with a message or a smiley face written on the shell.
- With compulsory cookery coming back on the curriculum, encourage youngsters to make something themselves for their packed lunch. It doesn't have to be a sweet treat either – couscous or pasta salad is easy for kids of all ages to help create, and can be made the night before.

Veggie noodle pot

SERVES 2 **PREP** 10 mins **COOK** 10 mins
EASY

100g/4oz noodles (rice, soba or egg)
3 tbsp frozen peas
handful sugar snap peas or mangetout, halved lengthways
handful baby corn, halved lengthways
1 spring onion, sliced
½ red pepper, deseeded and chopped

For the dressing

1 tbsp reduced-salt soy sauce
1 tsp clear honey
½ garlic clove, crushed
juice ½ lemon
grating of fresh ginger (optional)

For the omelette

1 tbsp olive oil
splash of milk
2 eggs, beaten

1 To make the omelette, heat the olive oil in a small non-stick frying pan. Add a splash of milk to the beaten eggs, then tip into the pan. Stir once and allow to cook over a gentle heat until almost set. Flip (using a plate if necessary) and cook on the other side until cooked through. Tip onto a board and cut into strips. (You can roll the omelette up and cut slices to give you spirals, if you like.)
2 Cook the noodles following pack instructions. Drain and rinse under cold water, then set aside. Meanwhile, mix the dressing ingredients together. Blanch the peas and sugar snap peas, then drain and run under cold water to stop them cooking any further.
3 To assemble the salad, mix the noodles with the baby corn, spring onion, red pepper and green veg, then toss with the dressing and top with strips of omelette.

BENEFITS vegetarian • low cal • vit C • 2 of 5 a day
PER SERVING 776 kcals • fat 56g • saturates 21g • carbs 16g • sugars 13g • fibre 3g • protein 48g • salt 0.6g

gf

DRESSING THE SALAD

Make the salad the night before, then dress it in the morning before popping into lunchboxes. For older kids, give them the dressing in a little pot to do themselves.

Eva's verdict



"I liked the egg swirls and the long noodles, and it has my favourite vegetables in."

9/10 Eva, seven

food styling EMILY KYDD | styling JENNY IGGLEDEN



Eggs provide the protein in this veg-packed noodle salad

New idea for a favourite dip

Mix sweet and savoury ingredients to get fussy kids to try different foods

This wrap filling works just as well in a sandwich

Prawn & mango salad

You could add cold cooked pasta to this simple salad to make it more substantial.

SERVES 2 PREP 10 mins NO COOK EASY

½ avocado, peeled and cut into cubes
squeeze of lemon juice
50g/2oz small cooked prawns
1 mango cheek, peeled and cut into cubes
4 cherry tomatoes, halved
finger-sized piece cucumber, chopped
handful baby spinach leaves
couple of mint leaves, very finely shredded
1-2 tsp sweet chilli sauce

Mix the avocado with the lemon juice, then toss with the prawns, mango, tomatoes, cucumber, spinach and mint. Pack into a lunchbox and drizzle over the sweet chilli sauce, then chill until ready to eat.

BENEFITS low cal • folate • vit C • 2 of 5 a day
PER SERVING 168 kcals • protein 6g • carbs 15g • fat 9g • sat fat 2g • fibre 4g • sugar 14g • salt 0.5g

Ideas for your leftover avocado

Wrap the remaining half of avocado tightly in cling film in the fridge and use later in the week, as a spread instead of butter, or chopped up for a sandwich filling.





Pea hummous

Cannellini beans may not be an authentic hummous ingredient, but most children won't notice the difference, and they add good-quality fibre.

SERVES 4 PREP 10 mins NO COOK EASY

200g/7oz cooked peas
1 garlic clove, crushed
1 tbsp tahini
squeeze of lemon
1 tbsp cooked cannellini beans, from a can
2 tbsp olive oil
strips of pitta bread and raw vegetable sticks, to serve

Blitz all the ingredients together using a hand blender or food processor. Add 1-2 tbsp water, then blitz again. Transfer a portion to a pot and add to a lunchbox with pitta bread strips and veg sticks. *Keep the rest chilled for up to 3 days.*

BENEFITS vegetarian • 1 of 5 a day
PER SERVING 133 kcals • protein 5g • carbs 6g • fat 9g • sat fat 1g • fibre 4g • sugar 1g • salt 0.1g

Eva's verdict



"I like to eat frozen peas straight from the freezer, and they make a tasty dip." **7/10 Eva**

gf

Find lots more lunch ideas at *bbcgoodfoodme.com*

Chicken pesto wrap

As pine nuts are a seed, they don't tend to affect anyone with a nut allergy, but some schools prefer to be cautious, so check first.

SERVES 2 PREP 10 mins NO COOK EASY

1 cooked chicken breast, shredded
2 tbsp soured cream, plain yogurt or mayo (whatever your child prefers)
2 tsp pesto
2 thin slices mild cheese, such as Edam
2 flour tortillas
handful chopped red pepper or sweetcorn kernels
lettuce leaves

1 Mix together the shredded chicken, soured cream, yogurt or mayonnaise with the pesto. Season.
2 Lay a slice of cheese on each wrap, then divide the chicken mixture between them. Sprinkle with red pepper or sweetcorn, then top with the lettuce leaves. Be careful not to overfill or it will be tricky to contain all the filling. Wrap and roll each one, then pack in a lunchbox or tightly wrap in foil.

BENEFITS calcium • vit C • 1 of 5 a day
PER SERVING 356 kcals • protein 29g • carbs 26g • fat 15g • sat fat 7g • fibre 3g • sugar 4g • salt 1.3g



Maisie's verdict



"I love salads, and prawn & mango is the most interesting." **8/10 Maisie, eight**

Jack's verdict



"I don't like mayonnaise so my daddy made this with yogurt for me." **8/10 Jack, five**

BiCE mare






DINNER REVIEW

BiCE Mare, Downtown Dubai

This September, BiCE Mare has launched a delicious new seafood menu, we headed down to the restaurant, to check out the new dishes

What's the concept?
Based in the heart of Downtown Dubai, BiCE Mare specialises in tasty fresh seafood and mouthwatering contemporary Italian flavours. The restaurant has been situated on the same spot in Souk Al Bahar since 2009, and has gone from strength-to-strength, winning accolades across the city, including "Best Seafood Restaurant" at the 2013 BBC Good Food Middle East Awards. Popular with the well-heeled Downtown Dubai crowds, the restaurant offers fantastic views of The Dubai Fountain and Burj Khalifa. The interior décor looks straight from the glamourous set of a classic Loren film: think crisp white table cloths, cool grey marble, and low lighting.

What were the food highlights?
Chef Leo's new menu is called Radici meaning 'roots' in Italian. The flavours are inspired by the chef's own upbringing in Italy (Chef Leo comes from a family of Italian chefs, who hail from both Sicily and Naples). All of the produce used on the new menu is imported from Italy, including the seafood which is flown in daily from Naples and Sicily. Must-try dishes on the new menu include the delicious Polpo al cuscus Trapanese (chargrill octopus served with Sicilian couscous and black garlic mayonnaise), the mouth-watering Linguine all'astice (linguine pasta with blue lobster in a rich cherry tomato sauce). The Ravioli alla parmigiana is incredible (eggplant ravioli served with Monaco cheese fondue) and well worth a bowl – or three! For dessert try the tasty yogurt gelato.

How was the service?
Many of the waiting team hail from Italy, and are able to discuss the nuances of the menu with ease. Despite the restaurant being busy, service was speedy, efficient and warm, with a drinks order being taken quickly upon arrival. The restaurant's resident grape specialist was astute at pairing drinks to complement the different courses. Chef Leo also came out of the kitchen to chat with the different diners in the restaurant, and was happy to discuss the different flavours and dishes.

THE NEW RADICI MENU

Malibu coconut ceviche
Lightly marinated red prawns, scallops, blue fin tuna, king fish and sea bass in lime and coconut dressing.

Polpo al cuscus Trapanese
Chargrill octopus served with Sicilian couscous and black garlic mayo.

Linguine all'astice
Linguine pasta with blue lobster in a rich cherry tomato sauce.

Ravioli alla parmigiana
Eggplant parmigiana ravioli served with Monaco cheese fondue.

Branzino alla Nerano
Line-caught sea bass, cream of zucchini (Nerano style).

Ricciola al fumo
Smoked king fish with wild turnips and a capsicum sauce.

Yogurt gelato
Yogurt ice cream, Bronte pistachios, Marzuddu mandarins and olive oil.

BOOK NOW!
Call: 04 423 0982
www.bicemare.com

THE HEAD CHEF

Chef Leonardo Maltese

Chef Leo comes from a family of Italian chefs. He grew up on the island of Ischia, where his mother ran a small restaurant. By the young age of 14, he was in charge of the restaurant's speciality fish grill. The family eatery was located on the harbour of the beautiful island where each day, the local fishermen would bring in boat loads of fresh fish, and he would have to run down to try and get the best quality. At 18 he moved to London and worked at two of the best Italian restaurants in Britain, including Piccolino restaurant and San Carlo restaurant. At the latter, he was promoted to head chef, before moving to Dubai for the launch of BiCE Mare in 2009. Throughout his career he has also had the opportunity to work with chefs from the some of the best Michelin starred seafood restaurants. The chefs he has worked with include: Moreno Cedroni (two star Michelin), Gennaro Esposito (two star Michelin), Pasquale Palamaro (one star Michelin), Marianna Vitale (one star Michelin) and Salvatore Bianco (one star Michelin). In 2016 he was also recognised at The Pro Chef Middle East Awards as Italian Speciality Chef of the Year and has also been shortlisted for the 2017 awards.

Family feasts

Cooking for kids made easy! Five nights of clever after-school suppers, including a really useful make-ahead sauce *recipes* AMANDA GRANT *photographs* WILL HEAP

















Easy pulled beef ragu, p40



Coconut curry noodle bowl

This creamy noodle dish is topped with crunchy cashew nuts for lots of flavour and texture.

SERVES 4 **PREP** 10 mins
COOK 25 mins **EASY** **V**

For the sauce
1 tbsp vegetable oil
2 garlic cloves, crushed
½ red chilli, finely chopped (optional)
small piece ginger, grated
1 tbsp mild curry powder
1 tbsp soy sauce
1 tbsp sriracha (or another 1 tbsp soy sauce if you don't want the sauce hot)
400g can coconut milk

For the nuts
80g cashew nuts
1 tsp soy sauce
1 tsp maple syrup

For the stir-fry
1 tsp sesame oil
2 heads pak choi, halved
200g green beans, trimmed and halved
2 carrots, peeled into long ribbons
3 x 150g packs fresh udon noodles
large handful coriander, chopped, to serve

1 Heat the oil in a large saucepan, add the garlic, chilli (if using) and ginger, and fry on a low heat for about 5 mins until softened. Add the curry powder and stir, frying for 1 min more until aromatic. Add the soy sauce and sriracha (if using), and stir again. Pour in the coconut milk, breaking up any solids on the top of the can with a spoon. Stir until combined, then leave the sauce on a medium heat with a lid on to simmer for 15 mins.

2 Meanwhile, heat oven to 200C/180C fan/gas 6. Put the nuts in a bowl and mix with the soy sauce and maple syrup until fully coated. Scatter the nuts on a sheet of baking parchment on a baking tray, and roast for 10-12 mins, stirring halfway through.

3 While the nuts are roasting, heat the sesame oil in a wok or large frying pan. When hot, add the veg and stir-fry for 3-4 mins until slightly softened. Add the noodles and fry for another 2 mins until heated through.

4 Take both pans off the heat and pour the coconut sauce into the wok (or add the noodles to the saucepan) and stir until everything is coated in the sauce. Spoon into bowls and scatter over the nuts and coriander.

GOOD TO KNOW vegan • folate • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 533 kcals • fat 31g • saturates 17g • carbs 44g • sugars 11g • fibre 10g • protein 15g • salt 1.3g





Fish finger wraps with cheat's tartare sauce

White fish served in tortilla wraps with a choice of cucumber ribbons, romaine lettuce or tomatoes (or all three) – this makes a great build-your-own meal the whole family can get stuck into. Plain mayonnaise also works well.

SERVES 4 **PREP** 25 mins
COOK 20 mins **EASY**

½ tbsp olive oil
3 thick white fish fillets, such as cod or haddock (about 400g total)
50g plain flour
100g panko or dried breadcrumbs
1 lemon, zested (reserve the juice for the tartare)
1 small dill sprig, chopped (or use ½ tsp dried oregano)
1 large egg

For the cheat's tartare sauce

6 tbsp mayonnaise
1 tbsp finely chopped gherkins
1 tbsp finely chopped capers
1½ tbsp finely chopped dill
1½ tbsp lemon juice

To serve

4 tortilla wraps
1 cucumber, peeled into long ribbons
1 romaine lettuce, shredded
4 ripe, juicy tomatoes, sliced
1 lemon, quartered

1 Heat oven to 190C/170C fan/gas 5. Line a baking tray with baking parchment and put in the oven to heat up. Slice each fish fillet into four-five thick fingers.
2 Tip the flour into a bowl and season with black pepper. Crack the eggs into a second bowl and lightly beat with a fork. Tip the breadcrumbs, zest and dill into a third shallow bowl and mix together. Dip the fish into the flour, then the egg, then the breadcrumbs.
3 Bake the fish fingers on the hot tray for 20 mins, turning once. While the fish fingers are baking, mix all the tartare sauce ingredients together and season to taste.
4 Let everyone help themselves, starting with a dollop of tartare sauce on a wrap, followed by the crunchy fish and the salad. Finish with a squeeze of lemon.

PER SERVING 428 kcals • fat 24g • saturates 2g • carbs 28g • sugars 1g • fibre 1g • protein 24g • salt 0.8g









Green burgers

This recipe has been designed so you can stash an extra family meal in the freezer, and they're packed with spinach which can be one of the trickier vegetables to get kids to eat. They're ideal if you're feeding your family at different times.

MAKES 8 (4 for now, 4 for the freezer)
PREP 30 mins **COOK** 20 mins
EASY V ❄

2 tbsp olive oil
2 onions, finely chopped
250g bag spinach
5 slices white bread, blitzed into breadcrumbs (or 150g dried breadcrumbs)
good grating of fresh nutmeg
100g mature cheddar, grated
40g parmesan, finely grated
1-2 large eggs, beaten
3 tbsp plain flour

To serve

6 crusty bread rolls
4 ripe, juicy tomatoes, thickly sliced
good-quality ketchup or other relish
sweet potato fries (optional)

1 Heat half the oil in a frying pan and gently fry the onions for about 10 mins until pale and soft, then leave to cool a little.
2 Finely chop the spinach in a food processor and tip into a bowl. Add the cooled onion, breadcrumbs, nutmeg, cheddar and parmesan, and mash together. Add the beaten egg, a little at a time (you may not need all of it), until the mixture holds together. Divide into eight (see tip, far right) and shape into fat burgers.
3 Put the flour in a shallow bowl, season well and dip the burgers into the flour to coat. Store in a plastic container between layers of baking parchment. Either chill until ready to cook, or freeze.
4 Heat the remaining oil in the frying pan and fry for about 5 mins each side until browned all over. Serve in the crusty rolls, with a couple of slices of tomato, ketchup and sweet potato fries on the side, if you like.

GOOD TO KNOW calcium • 1 of 5-a-day
PER BURGER 233 kcals • fat 11g • saturates 5g • carbs 22g • sugars 3g • fibre 1g • protein 11g • salt 0.5g

gf tip

Flouring your hands helps stop the mixture from sticking to your fingers.



Easy pulled beef ragu

This is one of those low-and-slow cooking dishes that works a treat when you don't have time to be in the kitchen stirring. Just add this rich sauce and tender shredded beef to your favourite robust pasta.

SERVES 8 (or 2 meals for 4)
PREP 20 mins **COOK** 4 hrs **EASY** ❄

2 tbsp olive oil
1kg boneless beef brisket
2 onions, finely chopped
4 garlic cloves, finely chopped
5 carrots, thickly sliced
250ml red wine
2 x 400g cans chopped tomatoes
2 tbsp tomato purée
4 bay leaves
450g large pasta shapes (such as paccheri, rigate or rigatoni)
large handful basil leaves, to serve
grated parmesan, to serve

1 Heat oven to 150C/130C fan/gas 2. Heat 1 tbsp oil in a flameproof casserole dish and brown the beef all over. Take the beef out of the dish, add the remaining oil and gently cook the onions and garlic for 10 mins until softened.
2 Add the browned beef back to the dish with the carrots, red wine, tomatoes, tomato purée and bay leaves. Cover with foil and a lid, and slowly cook for 3-3½ hrs or until the meat falls apart. Check on it a couple of times, turning the beef over and giving it a good stir to make sure it's coated in the sauce.
3 Cook the pasta following pack instructions, then drain. Shred the beef – it should just fall apart when you touch it with a fork – then spoon the beef and tomato sauce over the pasta. Scatter with basil and parmesan before serving.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 543 kcals • fat 18g • saturates 6g • carbs 54g • sugars 10g • fibre 6g • protein 32g • salt 0.1g



Really useful roasted red pepper sauce

This is so handy to have bagged in the freezer. The recipe makes enough for two meals and can easily be doubled. Use as a base for baked eggs (below) or gnocchi (right).

SERVES 8 (or 2 meals for 4)
PREP 10 mins COOK 1 hr EASY V ❄

4 red peppers (or a mix of red, orange and yellow), cut into chunks
2 onions, roughly chopped
2 garlic cloves (skin left on)
2 tbsp olive oil
2 x 400g cans peeled plum tomatoes
2 tsp vinegar
1 tsp light soft brown sugar

Heat oven to 190C/170C fan/gas 5. Toss the peppers and onions with the garlic and olive oil, and spread out in a roasting tin. Roast for 40 mins, then add the tomatoes, red wine vinegar and sugar, and roast for another 20 mins. Tip into a food processor and blend until smooth. Season to taste.

GOOD TO KNOW vegan • healthy • low fat • vit c • 2 of 5-a-day • gluten free
PER SERVING 83 kcals • fat 3g • saturates 1g • carbs 10g • sugars 9g • fibre 3g • protein 2g • salt none





Roasted pepper baked eggs

SERVES 4 PREP 5 mins
COOK 10 mins EASY V

Heat oven to 180C/160C fan/gas 4. Divide **½ batch roasted red pepper sauce** (see above) between four small baking dishes. Take **4 eggs** and break 1 into each dish. Bake for 7-10 mins until the whites are set and the yolks are still runny.

Put **4 thick slices of ciabatta** on a baking tray, drizzle with **olive oil**, rub with **1 garlic clove** and cook in the oven until lightly toasted. Sprinkle the eggs with **chopped parsley** and black pepper, and serve with the toasted ciabatta.

GOOD TO KNOW healthy • vit c • 2 of 5-a-day
PER SERVING 271 kcals • fat 10g • saturates 2g • carbs 30g • sugars 10g • fibre 5g • protein 13g • salt 0.5g

Gnocchi with roasted red pepper sauce

SERVES 4 PREP 2 mins
COOK 25 mins EASY V

Cook a **500g pack gnocchi** following pack instructions, then drain and tip into a casserole dish. Pour over **½ batch roasted red pepper sauce** (see above), then tear **125g ball mozzarella** over the top and sprinkle over **2 handfuls breadcrumbs**. Bake for 20 mins until golden and heated through.

GOOD TO KNOW low fat • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING 349 kcals • fat 10g • saturates 5g • carbs 50g • sugars 10g • fibre 6g • protein 13g • salt 1.3g

For more family-friendly recipes, visit *bbcgoodfoodme.com*

Food styling ROSIE REYNOLDS | Styling SARAH BIRKS

BACK TO SCHOOL WITH CLEAN, HEALTHY SNACKS

Send your little ones back to school with fruit and veggies that are clean and safe to eat, with the help of OY! Natural Fruit & Veggie Wash – the region's latest essential, all natural, inexpensive blend to wash away germs, insects and more!

100% Natural



Protect your kids from harmful pesticides that hide on fruit and veg, in three easy steps with OY! Natural Fruit & Veggie Wash!

It's easy and simple to use...

HOW TO CLEAN YOUR PRODUCE: in three easy steps

1. Rinse produce under running water
2. Soak produce in solution (1 tablespoon of Oy! veggie wash + 1 litre of water) for 15 minutes
3. Rinse produce under running water

For families that love to eat fresh fruit and vegetables on a regular basis, plain old water alone is unfortunately not enough to wash unwanted germs, chemicals and insects away, that live on the surface of fresh produce.

To assist with getting rid of any nasty dirt, Oy! Natural Fruit & Veggie Wash is a new product on the market that effectively cleans and removes all nasty residue left on fruit and veg during its journey from the farm to your home.

Especially in the Middle East, much of the fresh produce found in supermarkets here have travelled a very lengthy distance, with excessive chemicals used to prevent spoiling, making it even more important to wash and disinfect before consumption.

Certified with Emirates Quality Mark, Oy! Natural Fruit & Veggie Wash is completely safe – it's edible, contains zero harsh chemicals, has no aftertaste, no colouring, no fragrance and leaves no residue – making sure all that's left is the good stuff!

DID YOU KNOW?

That there are non-visible contaminates on the surface of fruits and veggies that cannot be washed away with water alone?

- **POTATOES** are not only covered with soil and mud, but also with pesticides and wax.
- **APPLES** are very high-maintenance fruit. They require a lot of pesticides and are often waxed.
- **ROOT VEGETABLES** such as potato, carrot, radish, and beetroot, are more prone to having some dirt on them.
- **LETTUCE** can be dirty, but could also contain some insects because of its many layers.
- **ORANGES** and **LEMONS** are among the most waxed fruit. Thanks to their thick skin, the wax does not seep through.
- **STRAWBERRIES** have very thin skin, so the pesticides do seep into the fruit.

Types of residue that are not washed away with water:

- **DIRT** is the soil and mud residue left on fruit and veggies, mainly those that grow underground.
- **INSECTS** can be found on the surface of fruit and veggies; they are a natural occurrence.
- **PESTICIDES** are used to destroy insects and other organisms that are harmful to plants, fruit and veggies.
- **WAX** is added to fruit and veggies to prevent loss of moisture, protect them from bruising during shipping, and increase their shelf life.



HEALTHY SNACK IDEAS FOR KIDS

Once fruit and veg is cleaned, make little snack pots for your children to take to school.

- Rainbow fruit skewers
- Carrot batons with hummous
- Frozen fruit salad
- Apple slices with peanut butter
- Zucchini fritters
- Fruit salad 'pizza' with watermelon base, topped with mixed fruit

Want to know more?

Buy Oy! Natural Fruit & Veggie Wash at all major supermarkets.

Website: oyproducts.com/natural-fruit-veggie-wash/ **Facebook & Instagram:** oyproducts

Skinny mac 'n' cheese

gf healthy diet plan

Who would believe that one of our best-loved comfort food dishes could be low in calories? It contains 3 of your 5-a-day too!

recipe SARA BUENFELD *photograph* MIKE ENGLISH

Healthy mac 'n' cheese

SERVES 2 **PREP** 10 mins
COOK 25 mins **EASY** **V**

85g wholewheat penne
½ tbsp rapeseed oil
2 leeks, washed and sliced
50g spelt flour
2 tsp English mustard powder
200ml semi-skimmed milk
80g baby spinach
50g extra-mature cheddar, finely grated
2 tomatoes, quartered if large

1 Cook the pasta following pack instructions. Meanwhile, heat the oil in a medium non-stick pan. Add the leeks, stir well, then cover and cook for about 6 mins or until softened.
2 Put the flour and mustard powder in a small bowl and gradually whisk in the milk. Pour into the pan with the leeks and stir with a wooden spoon until thickened. Continue stirring over a low heat while the pasta cooks. It will seem thick but will be diluted later.
3 Drain the pasta, reserving the cooking water, then stir the paste into the sauce. Add the spinach and 1-1½ ladlefuls of the water to make a spoonable sauce, then stir over the heat until the spinach has wilted. Stir in most of the cheese and taste for seasoning.
4 Heat the grill. Tip the pasta mixture into a casserole dish, arrange the tomatoes over the top and scatter over the remaining cheese. Grill for 5-10 mins or until bubbling and golden.



GOOD TO KNOW low cal • folate • fibre • calcium • 3 of 5-a-day
PER SERVING 482 kcals • fat 17g • saturates 7g • carbs 53g • sugars 11g • fibre 10g • protein 23g • salt 0.6g

To follow our healthy diet plan, visit *bbcgoodfoodme.com*

Food styling BECKS WILKINSON | Styling SARAH BIRKS

PASSION

MANAGEMENT
CONSULTANCIES



BBC goodfood Middle East
AWARDS
2017

DID YOU KNOW WE ARE NOMINATED?

UNDER THESE CATEGORIES

BEST INDIAN RESTAURANT

TRÈSIND

BEST DINING EXPERIENCE

BEST BRUNCH

CARNIVAL
by Trèsind



Nespresso Boutiques:
Dubai Mall, Mall of the Emirates, City Centre Mirdif, Mercato Mall, Abu Dhabi Mall, Marina Mall Abu Dhabi
Nespresso Booths: Dubai Marina Mall, Dubai Festival City, YAS Mall
Nespresso Club: 800 NESPRESSO (800 637 773776)



NESPRESSO®
What else?

OSTRO BUSINESS LUNCH



RETREAT FROM THE HUSTLE AND BUSTLE OF THE WORKING DAY WITH OUR DELIGHTFUL OSTRO BUSINESS LUNCH.

ENJOY GOURMET MEDITERRANEAN FLAVOURS WITH OUR SET MENU COMBINATION OFFER OF EITHER A HEALTHY APPETIZER AND MAIN COURSE OR MAIN COURSE AND TANTALIZING DESSERT

FOR ONLY AED 70* PER PERSON

Ostro

DUSITD2 KENZ HOTEL, BARSHA HEIGHTS, NEAR INTERNET CITY METRO STATION, DUBAI
FOR RESERVATIONS +971 4 567 2246, EMAIL: OSTRO@DUSITD2KENZ.COM
WWW.DUSITD2KENZ.COM/PROMO

*All prices are inclusive of 10% Municipality Fees and 10% Service Charge.

OSTRODUBAI

SUNSHINE SUPPERS

New simple recipes ideal for busy weeknights

recipes ELENA SILCOCK ***photographs*** STUART OVENDEN



healthy dinner

Prawn & salmon burgers with spicy mayo

SERVES 4 **PREP** 15 mins
COOK 10 mins **EASY**

180g pack peeled raw prawns, roughly chopped
4 skinless salmon fillets, chopped into small chunks
3 spring onions, roughly chopped
1 lemon, zested and juiced
small pack coriander
60g mayonnaise or Greek yogurt
4 tsp chilli sauce (we used sriracha)
2 Little Gem lettuces, shredded
1 cucumber, peeled into ribbons
1 tbsp olive oil
4 seeded burger buns, toasted, to serve

1 Briefly blitz half the prawns, half the salmon, the spring onions, lemon zest and half the coriander in a food processor until it forms a coarse paste. Tip into a bowl, stir in the rest of the prawns and salmon, season well and shape into four burgers. Chill for 10 mins.
2 Mix the mayo and chilli sauce together in a small bowl, season and add some lemon juice to taste. Mix the lettuce with the cucumber, dress with a little of the remaining lemon juice and 1 tsp olive oil, then set aside.
3 Heat the remaining oil in a large frying pan and fry the burgers for 3-4 mins each side or until they have a nice crust and the fish is cooked through. Serve with the salad on the side or in toasted burger buns, if you like, with a good dollop of the spicy mayo.

GOOD TO KNOW healthy • omega-3 • 2 of 5-a-day
PER SERVING 504 kcals • fat 36g • saturates 5g • carbs 4g • sugars 4g • fibre 3g • protein 39g • salt 0.7g



crowd-pleaser

Spinach & courgette lasagne

SERVES 6 **PREP** 25 mins
COOK 50 mins **EASY** **V**

400g spinach
1 tbsp olive oil
2 garlic cloves, crushed
250g mascarpone
1 tsp ground nutmeg
100g parmesan (or vegetarian alternative), grated
9 lasagne sheets
100ml double cream
3 large courgettes, sliced lengthways

1 Pour boiling water over the spinach in a sieve or colander to wilt it. Leave until cool enough to handle, then squeeze out any excess liquid. Heat the oil in a non-stick frying pan over a medium heat, add the garlic and soften for 1 min. Tip in the nutmeg and cook for 1 min more, then add the mascarpone, spinach, half the cream and half the parmesan. Season generously, stir well and set aside.
2 Heat oven to 180C/160C fan/gas 4. Spread a third of the filling over the base of a 20 x 30cm baking dish, cover with 3 lasagne sheets, then add a layer of courgettes. Repeat twice more. Pour the remaining cream over the final layer and sprinkle over the remaining parmesan. Bake for 40-45 mins or until the sauce is bubbling and the pasta has no resistance when you push a skewer through. Rest for 5 mins, then serve.

GOOD TO KNOW calcium • folate • 2 of 5-a-day
PER SERVING 424 kcals • fat 33g • saturates 20g • carbs 16g • sugars 4g • fibre 2g • protein 14g • salt 04g



Sausage sandwich with pesto

SERVES 1 PREP 5 mins
COOK 10 mins EASY

2 herby Cumberland sausages, sliced in half lengthways
1 ciabatta roll, sliced in half
2 tbsp fresh pesto
1 roasted red pepper from a jar, sliced in half
½ x 125g ball mozzarella, sliced
handful rocket

Heat grill to high. Put the sausages on a baking sheet, cut-side down, and grill for 5-6 mins or until cooked through, then set aside. Lay the ciabatta roll halves, cut-side up, on a baking tray and spread each with pesto. Top each half with a pepper and mozzarella slice, then grill for 2 mins or until golden and bubbling. Add the sausages and a handful of rocket, and put the roll back together, pressing down firmly to hold the fillings in place.

GOOD TO KNOW calcium • folate • fibre • 2 of 5-a-day
PER SERVING 876 kcals • fat 52g • saturates 19g • carbs 58g • sugars 5g • fibre 6g • protein 40g • salt 3.7g

Satay sweet potato curry

SERVES 4 PREP 15 mins
COOK 45 mins EASY V

1 tbsp coconut oil
1 onion, chopped
2 garlic cloves, grated
thumb-sized piece ginger, grated
3 tbsp Thai red curry paste
1 tbsp smooth peanut butter
500g sweet potato, peeled and cut into chunks
400ml can coconut milk
200g bag spinach
1 lime, juiced
cooked rice, to serve (optional)
dry roasted peanuts, to serve (optional)

1 Melt the oil in a saucepan over a medium heat and soften the onion for 5 mins. Add the garlic and ginger, and cook for 1 min until fragrant. Stir in the curry paste, peanut butter and sweet potato, then add the coconut milk and 200ml water. Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.

2 Stir through the spinach and lime juice, and season well. Serve with cooked rice, if you like, and if you want some crunch, sprinkle over a few dry roasted peanuts.

GOOD TO KNOW vegan • fibre • 2 of 5-a-day • gluten free
PER SERVING 387 kcals • fat 25g • saturates 18g • carbs 32g • sugars 15g • fibre 7g • protein 6g • salt 0.6g



Our Friday BRNCH needs U



BBC goodfood Middle East AWARDS 2017

Media One Hotel's new ground floor gastrobar is proud to be nominated in the 'Best Casual Dining Restaurant' category at this year's BBC Good Food Middle East Awards 2017
#bbcgfmeawards

QWERTY
quench & munch



Chicken & chorizo ragu

Serve this ragu over rice or pasta if you prefer.

SERVES 4 **PREP** 15 mins
COOK 40 mins **EASY**

120g cooking chorizo, chopped
1 red onion, chopped
2 garlic cloves, grated
1 tsp hot smoked paprika
80g sundried tomatoes, roughly chopped
600g skinless and boneless chicken thighs
400g can chopped tomatoes
100ml chicken stock
1 lemon, juiced
jacket potatoes, chopped parsley and soured cream, to serve (optional)

1 Fry the chorizo over a medium heat in a large saucepan or flameproof casserole dish for 5 mins or until it releases its oil and starts to char at the edges. Add the onion and fry for 5 mins more or until soft. Tip in the garlic and cook for 2 mins before stirring in the paprika and sundried tomatoes. Add the chicken thighs and fry for 2 mins each side until they are well coated in the spices and beginning to brown.
2 Pour in the chopped tomatoes and stock, and turn the heat down. Cover and cook for 40 mins until the chicken is falling apart and the sauce is thick. Serve by piling spoonfuls of the ragu into hot jacket potatoes with parsley sprinkled over and a dollop of soured cream, if you like.

one-pot wonder

GOOD TO KNOW 2 of 5-a-day
PER SERVING 383 kcals • fat 15g • saturates 5g • carbs 16g • sugars 14g • fibre 5g • protein 44g • salt 1.5g

Fennel spaghetti

SERVES 2 **PREP** 15 mins
COOK 30 mins **EASY** V

1 tbsp olive oil, plus extra for serving
1 tsp fennel seeds
2 small garlic cloves, 1 crushed, 1 thinly sliced
1 lemon, zested and juiced
1 fennel bulb, finely sliced, fronds reserved
150g spaghetti
½ pack flat-leaf parsley, chopped
shaved parmesan (or vegetarian alternative), to serve (optional)

1 Heat the oil in a frying pan over a medium heat and cook the fennel seeds until they pop. Sizzle the garlic for 1 min, then add the lemon zest and half the fennel slices. Cook for 10-12 mins or until the fennel has softened.
2 Meanwhile, bring a pan of salted water to the boil and cook the pasta for 1 min less than pack instructions. Use tongs to transfer the pasta to the frying pan along with a good splash of pasta water. Increase the heat to high and toss well. Stir through the remaining fennel slices, the parsley and lemon juice, season generously, then tip straight into two bowls to serve. Top with the fennel fronds, extra olive oil and parmesan shavings, if you like.

GOOD TO KNOW healthy • low fat • low cal • fibre • 1 of 5-a-day
PER SERVING 321 kcals • fat 7g • saturates 1g • carbs 51g • sugars 4g • fibre 7g • protein 10g • salt 0.6g



Food stylist SAL HENLEY | Stylist JENNY IGGLEDEN

CREAM of EUROPE

"KNOW NO BOUNDARIES, ONLY USE REAL DAIRY CREAM"

Ludovic Audaux
Chef Pâtissier
Le Royal Meridien & Grosvernor House Dubai



Crème Brûlée

Top pastry chefs all agree on one thing, they only use real dairy cream. It has unique whipping and holding qualities needed to create perfect pastries, as well as that unmistakable, natural creamy taste.

So choose only the finest real dairy cream and achieve excellence in pastry.

FRANCE

CAMPAIGN FINANCED WITH AID FROM THE EUROPEAN UNION

ENJOY IT'S FROM EUROPE

Lamb & garlic bread salad

SERVES 4 PREP 20 mins
COOK 35 mins EASY

small pack mint, finely chopped
2 tbsp extra virgin olive oil
1 lemon, zested and juiced
8 lamb cutlets
1 cook-at-home garlic baguette (170g)
300g medium tomatoes, quartered
1 large cucumber, cut into large chunks
small pack parsley, roughly chopped
1 tsp honey

1 Heat oven to 200C/180C fan/gas 6. Mix half the mint with 1 tbsp oil, the lemon zest and a large pinch of salt and black pepper, then rub the mixture all over the lamb cutlets.
2 Bake the garlic bread for 15 mins, then allow to cool a little. Tear into chunks and return to the oven for 5 mins to dry out.
3 Meanwhile, put a griddle pan or large frying pan over a high heat and, once very hot, cook the lamb for 2-3 mins each side or until nicely seared outside but still pink in the middle. (You may have to do this in two batches.) Set aside to rest while you make the salad.
4 Put the tomatoes and cucumber in the same hot pan and cook for 2 mins or until a little charred – you will need to do this in batches. Tip into a large bowl and add the toasted bread, remaining mint and the parsley.
5 Mix the lemon juice with the remaining olive oil and the honey, then season. Pour the dressing over the salad and toss gently so the tomatoes don't break up too much. Serve the warm salad alongside the lamb cutlets.

GOOD TO KNOW vit c • iron • 2 of 5-a-day
PER SERVING 658 kcals • fat 49g • saturates 20g • carbs 24g • sugars 6g • fibre 3g • protein 30g • salt 0.7g





AWARD-WINNER 2016 OF 'BEST MEAT RESTAURANT'

goodfood AWARDS 2017

NOMINATED THIS YEAR UNDER THE 'BEST MEAT RESTAURANT' CATEGORY

VOTING IS NOW OPEN

Steakhouse dining at its finest

Serving a sophisticated collection of steakhouse classics reimagined, J&G Steakhouse at The St. Regis Dubai promises an uncompromising dining experience

Featuring impressive interiors to match its bold cuisine comprising the finest cuts of premium meat, a global selection of fresh seafood and a refined beverage program, J&G Steakhouse epitomises understated culinary excellence.

Winner of BBC Good Food Middle East's 'Best Meat Restaurant' Award 2016, J&G Steakhouse presents 17 cuts of flavoursome meat specially imported from Australia, USA, Wales and Ireland. The restaurant's signature cut is the 560gr bone-in rib eye carved tableside with sophistication and flair. Also making a statement is the impressive pièce de résistance, the 1.4kg tomahawk steak that is distinctive in its presentation and taste and is ideal for sharing between two to four people, and comes served with 12 sauces and mustards.

The culinary journey at J&G Steakhouse begins with a selection of exquisite appetisers infused with modern American touches, while main courses offer a sumptuous selection of gratifying dishes including the likes of tender braised short ribs, a hearty 8oz J&G cheeseburger and the sensational roasted Canadian lobster. There's also a raw bar featuring a tantalising selection of seafood delicacies including fresh oysters.

Before or after dinner, relax at the spectacular marble J&G bar, where skilled and attentive bartenders will mix you the perfect drink; whether it's an aperitif before your meal or a cocktail to round off the evening, an expertly blended beverage awaits. Unique touches, such as the signature Martini Trolley, bring the bar setting tableside as concoctions are shaken, swizzled, and stirred before their eyes. The team follows Gueridon methods of service when it comes to Martini preparation.

Featuring dark wood, marble surfaces and deep banquet seating infused with contemporary accents, J&G Steakhouse carves out a modern masculine rendition of a traditional American Steakhouse, and is simply not to be missed.



Don't miss...

THE J&G BAR

Expect a robust grape selection, handcrafted and classically composed cocktails, and international brews here. As an American steakhouse, there are over 250 labels in the J&G Steakhouse grape cellar with highlights of American Magnums of Kendal Jackson – with the outlet using the Caravin system in order to serve premium wines by glass.

THE J&G RAW BAR

J&G's inspiring and fresh raw bar brings the menu to life with an impressive display of fresh fish, seafood and prime cuts of meat.

TOMAHAWK NIGHT

Savour an evening of 'high steaks' with a premium Tomahawk cut expertly prepared to suit your palate. Priced at Dhs850 for two people, inclusive of a bottle of red grape, two appetisers, two sides and a dessert, this offer is available every Wednesday from 6.30pm to midnight.

JAZZ UP YOUR FRIDAYS

Enjoy the dulcet tones of New York's famous Jazz and culinary scene at J&G Steakhouse every Friday. The night comes alive with live jazz melodies, a selection of signature courses and a welcome martini, with the restaurant's compliments. Every Friday, 6.30pm to midnight.

For more information and to make bookings, **please contact: +971 4 435 5577 or email AHC.Dining@Starwoodhotels.com**

Good-for-you snacks

These snacks make a healthy and tasty addition to any lunchbox - whether is be for you to take to work, or for your little one to take to school



Berry yogurt pots

A portion of fruit with seeds or nuts and bio yogurt makes an easy yet filling morning or afternoon snack.

SERVES 2 PREP 5 mins NO COOK

150g pot bio yogurt
160g blueberries, raspberries or cherries (or a combination)
1 tbsp pumpkin seeds, sunflower seeds or flaked almonds
a little chopped mint (optional)

Spoon the yogurt into two tumblers. Mix the fruit, seeds or nuts of your choice with the mint, if using, and pile into the tumblers.

GOOD TO KNOW low cal • 1 of 5-a-day • gluten free
PER SERVING 134 kcals • fat 6g • saturates 2g • carbs 12g • sugars 11g • fibre 3g • protein 7g • salt 0.2g

Almond, raisin & popcorn trail mix

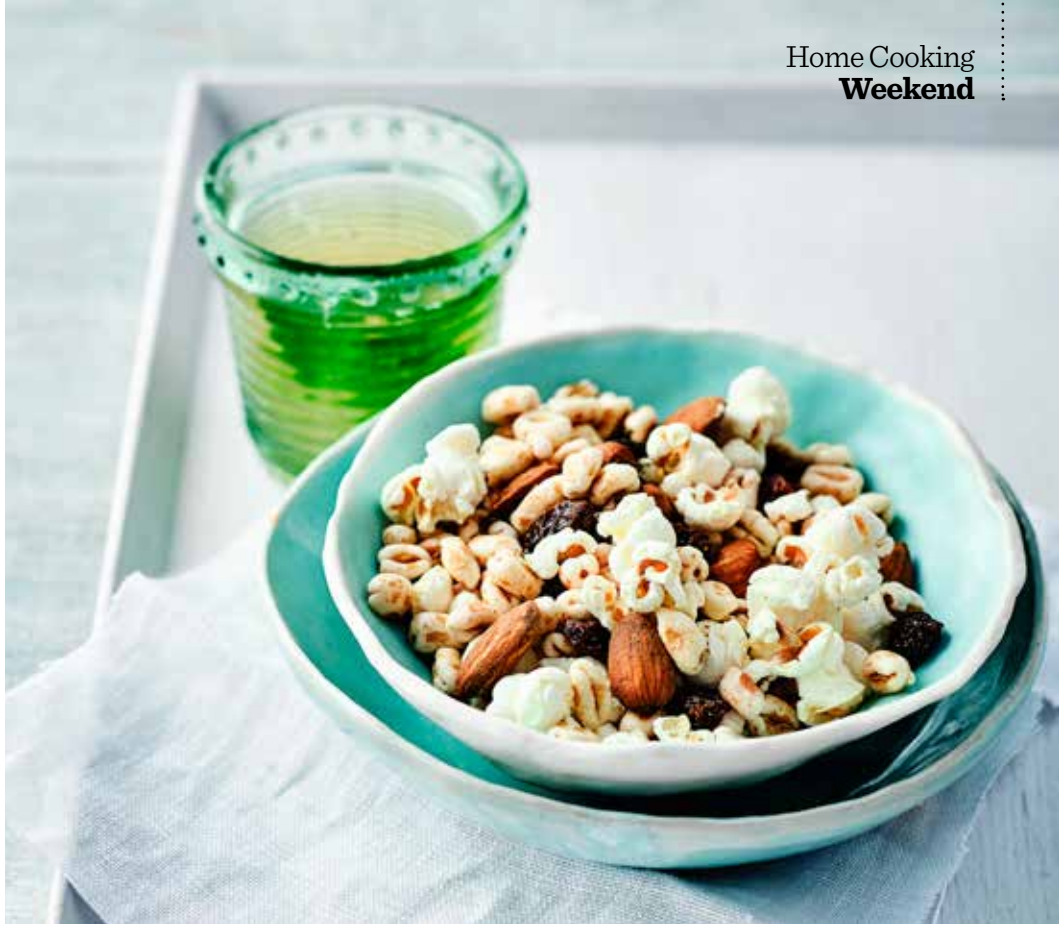
Keep this in an airtight container and grab a handful when you're peckish.

SERVES 6 **PREP** 5 mins
COOK 2-3 mins **EASY** V

1 tsp rapeseed oil
15g popcorn kernels
50g raisins
50g whole almonds (ideally skins on)
25g puffed wheat

Heat the oil in a small pan, add the corn, cover and cook for 2-3 mins or until all the kernels pop. Tip into a bowl, leave to cool, then stir in the raisins, almonds and puffed wheat. Store in an airtight container.

GOOD TO KNOW low cal
PER SERVING 103 kcals • fat 5g • saturates none • carbs 10g • sugars 6g • fibre 1g • protein 3g • salt none





Avocado & strawberry ices

Creamy avocado, full of healthy fat, replaces the dairy in these, while balsamic vinegar really brings out the flavour of strawberries.

MAKES 4 **PREP** 5 mins plus freezing
NO COOK

200g ripe strawberries, hulled and chopped
1 avocado, stoned, peeled and roughly chopped
2 tsp balsamic vinegar
½ tsp vanilla extract
1-2 tsp maple syrup (optional)

1 Put the strawberries (save four pieces for the top), avocado, vinegar and vanilla in a bowl and blitz using a hand blender (or in a food processor) until as smooth as you can get it. Have a taste and only add the maple syrup if the strawberries are not sweet enough.
2 Pour into containers, add a strawberry to each, cover with cling film and freeze. Allow the pots to soften for 5-10 mins before eating.

GOOD TO KNOW vegan • low cal • vit c • 1 of 5-a-day • gluten free
PER ICE 94 kcals • fat 7g • saturates 1g • carbs 4g • sugars 3g • fibre 3g • protein 3g • salt none

Date & walnut cinnamon bites

These make tasty little mouthfuls that also work as an after-dinner treat if you have friends round.

SERVES 1 PREP 5 mins NO COOK V

3 walnut halves
3 pitted medjool dates
ground cinnamon, to taste

Carefully cut each walnut half into three slices, then do the same with the dates. Place a slice of walnut on top of each date, dust with cinnamon and serve.

GOOD TO KNOW vegan • 1 of 5-a-day • gluten free
PER SERVING 168 kcals • fat 8g • saturates 1g • carbs 21g • sugars 20g • fibre 3g • protein 2g • salt 0.1g



Iced grapes with cheddar cubes & celery

Iced grapes are a bit like eating little fruit lollies and, just like on a cheeseboard, the flavour combines really well with the cheddar and celery.

SERVES 2 PREP 5 mins EASY V

2 small handfuls seedless red or black grapes (still in a bunch)
40g mature cheddar or vegetarian cheddar, cubed
1 large celery stick (100g), cut into strips

Pop the grapes in a freezer bag and put in the freezer until ready to eat. Serve with the cheese pieces and celery.

GOOD TO KNOW low cal • 1 of 5-a-day • gluten free
PER SERVING 144 kcals • fat 7g • saturates 4g • carbs 13g • sugars 13g • fibre 2g • protein 6g • salt 0.4g



Fresh orange lollies

These use the whole orange, rather than just the juice, along with fresh pear – if you don't mind a bit of texture, leave the skins on the pears.

MAKES 4-6 PREP 5 mins plus freezing NO COOK

3 oranges
2 ripe pears, peeled and cored

Finely grate 1/4 tsp zest from one of the oranges, then peel them, roughly chop the flesh and put in a bowl (or food processor) with the zest and pears. Blitz until as smooth as you can get it, then pour into lolly containers, poke in sticks and freeze until solid.

GOOD TO KNOW vegan • low fat • low cal • vit C • 1 of 5-a-day • gluten free
PER LOLLY (6) 72 kcals • fat none • saturates none • carbs 15g • sugars 15g • fibre 3g • protein 1g • salt none



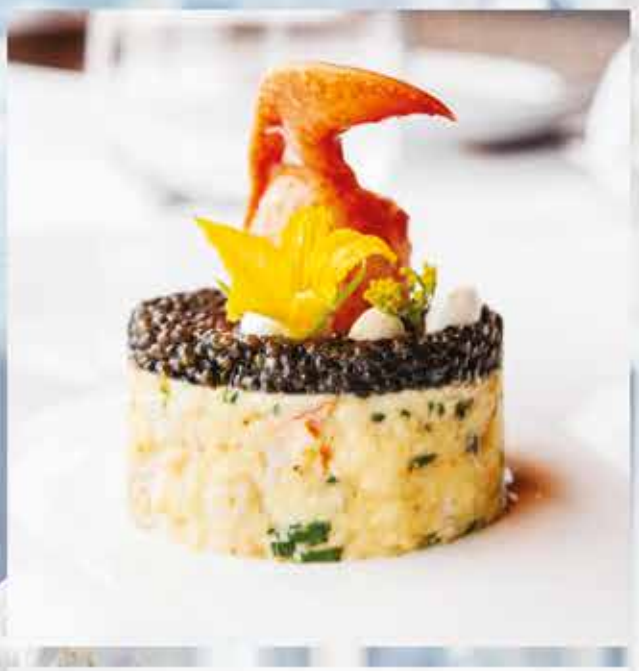
AT.MOSPHERE
BURJ KHALIFA

START YOUR DAY ON TOP OF THE WORLD

They say breakfast is the most important meal of the day and we couldn't agree more. What better way to start your day, than a breakfast fit for a king, served on top of the world!

With dishes such as Organic Greek Yoghurt Parfait, Lobster Scrambled Eggs, Brioche French Toast and the legendary ATM Breakfast, you can be as healthy or decadent as you like.

Served daily from 7am – 10am. Level 122, Burj Khalifa.









Tel: +971 4 8883828 Email: reservations@atmosphereburjkhalifa.com
@atmospheredubai @atmosphereburjkhalifa
www.atmosphereburjkhalifa.com

SPONSORED BY

GUINNESS AMPLIFY



Soul Jam

Alexander O'Neal

Mica Paris

Omar

Jaki Graham

Thu - 5th October
Show Starts 9PM
The Irish Village

Ticket Price AED 175 / available from:
www.theirishvillage.com, www.800tickets.com, tickets.virginmegastore.me
tixbox.com, Platinumlist.net
Strictly above 21

Contact +971 4 2395000 www.theirishvillage.com @TheIrishVillageDubai

Time Out Dubai | Dubai 92 | african+eastern | Jumeirah Creekside Hotel Dubai | The Irish Village Dubai

Fuel your fitness

Whether you're a yoga devotee, a HIIT fan, or training for a marathon, good food can help you get more from your exercise routine. Leading sports nutritionist James Collins explains what to eat – and when

feature ROXANNE FISHER and SOPHIE GODWIN *recipes* JAMES COLLINS *photographs* TOBY SCOTT



Chicken meatballs with quinoa & curried cauliflower, p69



James Collins is head nutritionist for the Arsenal football team and has worked with some of the world's top Olympic and professional athletes. His Performance Nutrition principles aim to help everyone to look, feel and perform better. *jamescollins nutrition.com*

STRENGTH & STRETCHING
such as yoga or Pilates

Before you start

You don't need a meal or snack before low-intensity sessions. However, if you're hungry, a small flapjack, energy ball or piece of fruit will give you a boost without making you feel uncomfortable or full during your workout.

After your session

Yoga places stress on muscles, so your next meal or snack should start the repair process. This recipe contains a good serving of high-quality protein and a range of fats, and is quite low in carbs. The nitrates in the beetroot help muscles to use oxygen more effectively.

Halloumi & beetroot open sandwich

SERVES 1 PREP 15 mins
COOK 7 mins EASY V

25g fresh or frozen broad beans
25g halloumi
1 slice rye bread or sourdough
2 beetroots, cooked and quartered
1 tbsp houmous
½ lemon, juiced

1 Bring a saucepan of water to the boil, add the broad beans and cook for 1-2 mins. Drain and run under cold water, then peel off the outer skins. Put the beans to one side.
2 Heat grill to its highest setting. Put the halloumi on a baking tray and grill for 3 mins turning halfway through to brown on both sides. Toast the bread and transfer to a serving plate.
3 Spread the houmous on the bread, then top with the beetroot and grilled halloumi. Scatter over the broad beans and lemon juice to serve.

GOOD TO KNOW calcium • folate • fibre • 1 of 5-a-day
PER SERVING 437 kcals • fat 16g • saturates 6g • carbs 48g • sugars 14g • fibre 8g • protein 20g • salt 2.6g



ENDURANCE such as running or marathon training for an hour

Before you get going

When your workout becomes intense, the body needs fuel. You should have a carb-based meal (like porridge, a wrap or quinoa salad) about two hours before you start.

After exercising

You'll need a larger serving of carbohydrates to refuel after a long training session. This chilli is high in carbs, and the beans provide protein for muscle repair, while also boosting iron levels. The hit of vitamin C helps your body to absorb the iron.

Veggie protein chilli

Make this chilli before your run for a satisifing meal on return.

SERVES 1 after training or 2 otherwise
PREP 12 mins **COOK** 55 mins
EASY V ❄

1 tbsp olive oil
½ onion, finely chopped
½ red chilli, finely chopped
1 garlic clove, finely chopped
1 small sweet potato, peeled and cut into chunks
½ tsp each cumin, paprika, cayenne pepper and cinnamon
400g can mixed beans
400g can chopped tomatoes
1 lime, juiced, to serve
cauliflower rice, to serve

1 Heat the oil in a large saucepan and add the onion, chilli and garlic and cook without colouring for 1-2 mins. Tip in the sweet potato, spices and some seasoning, then pour in the beans and chopped tomatoes. Fill one of the empty cans with water and add to the pan, then bring to the boil and turn down to a simmer.
2 Cook for 45-50 mins or until the sweet potato is soft and the sauce has reduced – add some water if the sauce looks a bit thick. Stir through the lime juice, season to taste and serve with cauliflower rice.

GOOD TO KNOW vegan • calcium • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 658 kcals • fat 17g • saturates 2g • carbs 88g • sugars 32g • fibre 23g • protein 25g • salt 1.1g

LOW-INTENSITY AEROBIC such as cycling or running for less than an hour

Before you get going

Often, the best way to burn fat is to exercise on an empty stomach. If you're not an early riser, just before your evening meal is a good time.

After exercising

A protein-based meal is ideal to help repair and replenish muscles, but you don't need extra carbs. The crab and egg in this recipe provide high-quality protein and B vitamins, which help the body to produce energy.

Crab & asparagus omelette

SERVES 1 PREP 10 mins
COOK 5 mins EASY

3 eggs
¼ red chilli, finely chopped
3 asparagus spears, finely chopped
1 tsp butter
50g white crabmeat
handful baby spinach

1 Heat grill to the highest setting. Whisk the eggs in a bowl and season.
2 Melt the butter in a sauté pan over a medium heat. Add the eggs and cook for 2 mins, then spoon the crab and asparagus into the middle. Sprinkle over the chilli and nestle the spinach into the egg. Grill in the pan for 2-3 mins or until the spinach has wilted and the omelette has puffed up.

GOOD TO KNOW folate • vit c • 1 of 5-a-day • gluten free
PER SERVING 365 kcals • fat 24g • saturates 9g • carbs 2g • sugars 2g • fibre 2g • protein 35g • salt 1.3g







Gastronomical delights at Palace Downtown

Step inside four of the city's most sought-after restaurants at Palace Downtown, for a signature dining experience to remember

Thiptara

Love Thai cuisine? Thiptara – meaning 'magic at the water' in Thai – is every bit as magnificent as it sounds. Set against a backdrop of breathtaking views, overlooking Burj Khalifa and the newly opened Dubai Opera, Thiptara rests upon the idyllic Burj Lake waterfront. It's where to go when you're looking for somewhere special, romantic and charming, paired with delectable dining and unfaultable service. With both window and gorgeous al fresco seating available, you're able to indulge in comfort no matter the climate, while enjoying shows from the mesmerising Dubai Fountains, right before your eyes. Offering traditional Thai charm across both its décor and menu, Thiptara perfectly marries authenticity with modernity, and raises the bar for seamlessly fusing luxury with relaxed and calm surroundings.

MUST-TRY: Spicy green papaya salad (Som Tum Thai), or Tom Yum Goong soup to start. Panaeng Nuer (a thick coconut curry with sliced, melt-in-your-mouth tenderloin), or Hoy Phad Prik Phao (scallops stir fried with Thai chili paste, sweet basil and pak-choy) for mains. To finish delight in Khao Neaw Mamueng (ripe yellow mango served with sticky rice).

Asado

If you're a fan of high-quality meat, this Argentinean grill is not to be missed with premium cuts galore prepared on the 'Parilla'. Asado boasts character, it's distinctive and knows exactly what it's doing. It's soulful and abundant with a fiery, fun spirit, with a live band and fantastic tango dancers to match. From the smoky, charred, mouthwatering scent of the grill wafting through the restaurant as you enter, to the rustic stone walls that create a warm, welcoming ambiance, you're transported to rural yet contemporary Argentina. Centre stage, you'll find the star of the menu, 'Cabrita Asado' (whole roasted baby goat), located forefront of the see-through open kitchen – this is an extremely tasty, traditional dish and a must-try! Nestled below the spectacular Burj Khalifa, Asado offers world-class views of the Dubai Fountains, with a large al fresco seating area in addition to the inside dining room, Chef's Table, and private dining room.

MUST-TRY: Begin with a degustation of ceviches (lobster, scallops and tuna) and follow with roasted baby goat, sliced tenderloin in chimichurri (a traditional uncooked sauce made using parsley). To finish, enjoy an irresistible serving of delicious dulce de leche pancakes with ice cream.

Al Bayt

The first thing you notice when visiting Al Bayt is its incredible Arabian architecture. Situated just off the lobby of the hotel, Al Bayt is decorated with exquisite candles and eclectic lanterns. These extend on to the restaurant's balcony, which offers some of the best views of the Burj Khalifa in Dubai. It's the perfect place to enjoy a leisurely afternoon tea to the sound of live, uplifting music. Each month, a uniquely themed afternoon tea experience featuring an exclusive selection of premium teas and coffee and accompanied by a selection of exceptional pastries appeals and fascinates in equal measure.

MUST-TRY: The Palace Cappuccino, topped with 22 carat gold dust, is the lobby lounge's signature creation and is served alongside assorted macaroons with flavours ranging from lavender to rose, pistachio and more.

Ewaan

Ewaan's regal arches, wooden trellises and luxurious drapery lend an aura of opulence to Palace Downtown's all-day dining restaurant. Enjoy an Arabian culinary themed evening with overflowing live food stations featuring tender BBQ meats and seafood, as well as an abundance of hot and cold mezzeh. The real highlights are the lamb ouzi, which simply falls off the bone along with the carving station and selection of international favourites. Enjoyable live entertainment includes acts like belly dancers, tanourah and lokmat.

MUST-TRY: Delight in local culinary marvels, from lamb ouzi to delicious sweets like Umm Ali, traditional specialities are perfected here. We recommend saving room for dessert, as you can taste test a variety of dates from the region, along with traditional Arabian desserts such as kunafa and baklava.

BBC good food Middle East AWARDS 2017

DID YOU KNOW THAT THE FOLLOWING RESTAURANTS AT PALACE DOWNTOWN HAVE BEEN NOMINATED UNDER THESE CATEGORIES?

ASADO - Americas & Caribbean Restaurant | Meat Restaurant | Romantic
THIPTARA – Romantic | Thai | Fine Dining Restaurant – Dubai
EWAAN – Middle Eastern Restaurant
AL BAYT – Afternoon Tea

VOTING IS NOW OPEN

PALACE DOWNTOWN

/PalaceDowntown @PalaceDowntown @PalaceDowntown #DiscoverPalace

Palace Downtown, Mohammed Bin Rashid Boulevard | Phone: +971 4 888 3444 | E-mail: dine@emaar.com | Web: addresshotels.com







eat well

RESTAURANT - BISTRO

À la carte | Business Lunch

All Day Breakfast | Afternoon Tea

Meal Plans





NOMINATED

Best 'Healthy Eating Restaurant'

BBC good food Middle East AWARDS 2017

For reservations call **05 447 663 26**

info@dubaieatwell.com | www.dubaieatwell.com

Order Online zomato plotos UBER EATS | dubaieatwell

HIGH-INTENSITY AEROBIC such as HIIT workouts or sprinting

Before you start

If your goal is to lose weight, then reduce your carbohydrate intake before the session. You can do this by either training on an empty stomach or eating a protein-based meal or snack, such as an omelette or a low-fat Greek yogurt. Add a small amount of carbs, like granola or porridge, if the session will be particularly tough.

After your session

This recovery meal is designed to provide a balance of low-GI carbohydrates to refuel the muscles and protein to kick-start the repair and remodelling of muscle tissue. The added bonus is its antioxidant content, which can help to reduce muscle soreness over the following days.



Chicken meatballs with quinoa & curried cauliflower

SERVES 1 PREP 25 mins plus chilling
COOK 30 mins EASY

250g chicken mince
1 garlic clove, finely chopped
1 tsp turmeric
pinch each of cumin and cinnamon
handful dill, finely chopped
2 spring onions, finely chopped

For the quinoa & curried cauliflower

50g quinoa
4 cauliflower florets
25g sweet potato, chopped
1 tbsp olive oil
1 tbsp medium curry powder
1 tsp pistachios, chopped
1 tsp sultanas
½ lime, juiced

1 For the meatballs, mix together all the ingredients in a bowl with some seasoning. Form into six balls and chill in the fridge for 20 mins.

2 Heat oven to 200C/180C fan/gas 6. Wash the quinoa and put it in a saucepan with 100ml water. Bring to the boil, then turn down to a gentle simmer and cook for 10-15 mins or until doubled in size and tender. Drain and set aside to cool.

3 Put the cauliflower and sweet potato in a roasting tin and toss in the oil and curry powder. Put the meatballs in a separate tin. Cook both in the oven for 15 mins or until cooked through.

4 Mix the quinoa with the cauliflower, sweet potato, pistachios and sultanas, squeeze over the lime juice, then serve with the meatballs.

GOOD TO KNOW healthy • fibre • vit c • iron • ~1 of 5-a-day
PER SERVING 697 kcals • fat 23g • saturates 4g • carbs 44g • sugars 14g • fibre 9g • protein 72g • salt 0.6g



WHEN TO EAT

Allow two to four hours after eating a large meal before you do moderate exercise. Waiting for 30 minutes to two hours should be fine after a smaller snack. Remember, whatever type of workout you do, you need to rehydrate as soon as you finish to help your body to recover. As a general rule, you should eat a meal or snack, depending on the type of workout, within one hour of exercising.

Find more food and fitness recipes and tips at *bbcgoodfoodme.com*.

Food styling JENNIFER JOYCE | Styling TONIA SHUTTLEWORTH | Icons GETTY

Wish you were here?

Cast your vote now for the BBC Good Food Middle East Awards and you could be jetting off to the Maldives with a friend on a luxury holiday worth over Dhs12,000!

BBC goodfood Middle East AWARDS 2017



VOTE AND WIN

The eighth annual BBC Good Food Middle East Awards celebrate the best in food from across the region as voted for by you.

There are 40 categories in which you can place your votes, from your favourite Food Truck or Latino Restaurant to Staycation, Brunch and more.

To be in with a chance of winning an amazing three-night stay for two at The Sun Aqua Vilu Reef Maldives including a snorkeling excursion and spa treatments worth over Dhs12,000, all you need to do is hit the 'share' button after you have cast your votes online!

bbcgoodfoodme.com/awards/2017

#BBCGFMEAWARDS

Appliance Partner: Miele

Water Partner: HORECA, Acqua Panna, S.Pellegrino

Kitchenware Partner: SARA HOSPITALITY

Event Partners: True Aussie Beef & Lamb, Halal, Alafya

Venue Partner: The Ritz-Carlton Dubai

Beverage Partner: african+eastern

Voting Prize Partner: Sun Aqua Vilu Reef

Prize Partners: DēLonghi Group, La Ville

Official Publication: goodfood

Organiser: CPI Media Group



The chefs will go head-to-head in a mystery box cooking challenge at The Emirates Academy of Hospitality Management on October 22, 2017 in the hope of being crowned BBC Good Food ME Chef of the Year.

bbcgoodfoodme.com/awards/2017

#BBCGFMEAWARDS

Appliance Partner

Miele

Mystery Box partner

HORECA

Venue Partner

THE EMIRATES ACADEMY OF HOSPITALITY MANAGEMENT

Prize Partner

MÖVENPICK RESORT & SPA JIMBARAN BALI

Official Publication

goodfood

Organiser

CPI MEDIA GROUP
CPIMEDIAGROUP.COM

Opinion matters
‘Hot’ new restaurants leave me cold



@naylor_tony

Our new columnist ***Tony Naylor*** is sick to the stomach of the frenetic one-upmanship that turns over-hyped openings into the next big thing



Maybe I’m a big disappointment at parties. Not because I tend to hog the stereo and will happily double-dip in the houmous (get over it, clean-freaks!), but because I’m that guy, the one who writes about food for the *Guardian*, *Restaurant* magazine and – hello! – BBC *Good Food* and whom, consequently, everyone wants to talk to about restaurants.

I have no problem with that – restaurants are among my favourite topics. Come at me with questions about my best-ever meal (Noma) or why my hometown, Manchester, hasn’t got a Michelin star (if you do, you’d better grab a seat, because it might take a while), but please don’t ask about that ‘hot’ new place in town because I won’t have been. Sorry. No. I’ve not made it down yet.

The enthusiastic questions come thick and fast: ‘What do you think of Dashari? Or Canton Social? You must have had the miso caramel cheesecake at Pink Romesco! Have you done Sunday lunch at the Gun Cupboard?’ Apologetically, I have to bat them away until, deflated, my foodie interrogator slinks off muttering that they can’t take me seriously: ‘He hasn’t even had the khachapuri at the Blind Oven!’

This isn’t me being awkward. In my own way, I’m an avid collector of restaurant experiences. However, what I don’t feel when a new place opens is any need to be first through the door. Not on my own coin, anyway. I spend plenty of time in new places writing about innovative dishes for work, but off the clock I’m bemused by this growing mania among foodies – accelerated by social media – to eat in new restaurants before the paint’s dry.

You know the drill. A massively hyped ex-street-food trader or talented young chef opens their first restaurant and, during its debut lunch service, your Twitter and Instagram feeds are suddenly swamped with bloggers and hipster opinion-formers posting pics of what they claim to be that restaurant’s must-eat dishes. It’s one-upmanship, in food’s case, of the daftest kind. Why? Because restaurants need time to bed-in. From kitchen staff to the front-of-house team, the whole operation needs to find its groove. *That is why new venues have soft-launches and half-price introductory periods – restaurateurs acknowledge that it takes weeks, if not months, for a restaurant to reach its full potential.*

Think about your oven at home. It has idiosyncrasies which, over the years, you’ve probably grown accustomed to. It’s exactly the same in any pro kitchen, only multiplied exponentially. A restaurant can only become truly great when its employees have developed an understanding of the physical space they occupy and the equipment they’re using. Consequently, unless you simply want to show-off on Facebook, a restaurant will always be far, far better six months on.

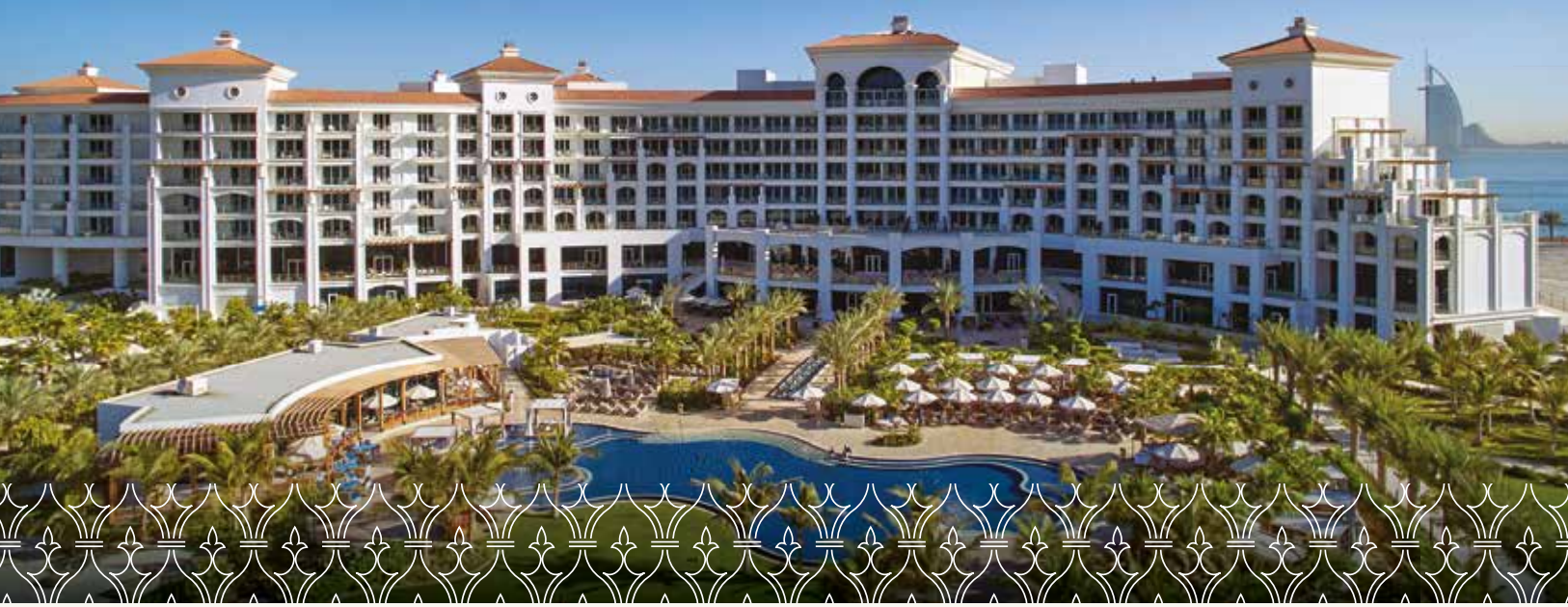
As will the overall experience. In what way does the scramble to get into a ‘hot’ new restaurant (developing repetitive strain injury refreshing its booking widget, or spending hours queuing if it doesn’t take reservations) add to your enjoyment? Who wants to eat at 5.30pm on Tuesday? The only thing worse is dining at a restaurant that’s become a place to see-and-be-seen, where faces you vaguely recognise from daytime TV are ushered to the best tables, as you eat in an alcove by the toilets. Sounds mad? That’s because it is. Instead, be patient and wait a little while. Visit just after this circus has moved on. Trust me on this pro tip: six months behind the dining curve is very much the place to be.

Tony Naylor, who lives in the north of England, writes regularly for *Restaurant* magazine and the *Guardian*.

Illustration BLEXBOLEX/ILLUSTRISSIMO

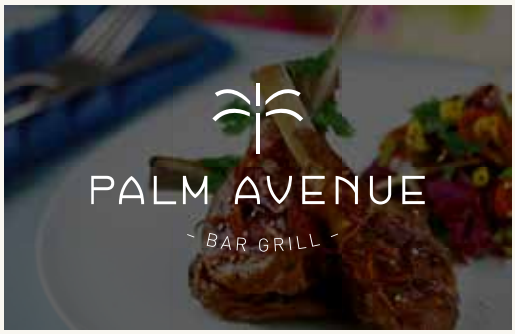
WE HAVE BEEN NOMINATED

goodfood Middle East AWARDS 2017









Our restaurants are nominated in:

Italian Restaurant - Social by Heinz Beck
Pan Asian Restaurant - LAO
Mediterranean Restaurant - Palm Avenue

WALDORF ASTORIA™
DUBAI PALM JUMEIRAH
دبي بالم جميرا
waldorfastoria.com

Hilton HONORS

© 2017 Hilton

THE PALM JUMEIRAH, EAST CRESCENT, DUBAI
+(971) 4.818.2222 | dubai@waldorfastoria.com | waldorfastoria.com/dubai

six quick trips

ACTIVE foodie breaks

Explore some of Europe's most delicious destinations, and work up an appetite for local, hearty, healthy food, served up against a backdrop of lakes and mountains, rivers and beautiful beaches



SWISS SCENERY & SCHNITZEL IN INTERLAKEN

Lakes and mountains, and mountainous plates of hearty Swiss food, make this postcard-perfect region of Switzerland a must for outdoorsy foodies. Begin by cutting into a crisp-coated giant schnitzel on the terrace of the Harder Kulm Panorama Restaurant (*jungfrau.ch/en-gb/harderkulm*) while viewing perennially snow-capped peaks. Interlaken's rail connections make the town a good base for exploring the Bernese Alps (*swissrailways.com*). The Jungfrau Railway (*jungfrau.ch*) runs to the Jungfraujoch, Europe's highest station, from there you can join a guided hike on the Aletsch Glacier and stay overnight in an Alpine hut (*aletscharena.ch*).

Once you've earned the indulgence, order some Zürcher geschnetzeltes – hearty chunks of veal served in a creamy, grape-laced sauce, a speciality of the canton (district), served at the Restaurant Stadthaus (*restaurantstadthaus.ch*; mains from Dhs130), in Unterseen. For a two- or three-course menu cooked and hosted by a family, book with Dinner at Home (*interlaken.ch*). You won't find raclette and fondue on these local tables (such cuisine clichés are banned), but you can expect inventive gratins and lively salads, all from Dhs115 per person.

Where to stay The four-star Hotel Interlaken (*hotelinterlaken.ch*), five minutes' walk from Interlaken Ost railway station, dates from 1491, and has modern double rooms from Dhs1,312 a night. *Stuart Forster*



Harder Kulm Panorama Restaurant



The Reichstag building

BIKING & CAFÉ-HOPPING IN BERLIN



Berlin is a rare European capital that retains its genuinely alternative, bohemian spirit. Berliners are fiercely proud of their cultural diversity and this is reflected in the range of exciting plates on offer to hungry travellers. Think beyond sausages and sauerkraut and discover Berlin's youthful food scene. Get a narrated overview of the city's hot-spots, from bustling Museum Island to lesser-known local hangouts like Café Anna Blume on a food and biking tour with Fat Tire (*fattiretours.com*; Dhs205 per person). This is the perfect way to combine the city's historical and foodie landmarks. En-route you'll sample Middle Eastern falafel and halloumi at Dada Falafel, a godsend for vegetarians in this meaty city. In Prenzlauer Berg, the route pitches up at Die Schuler for tapas-style German tasting menus. Share a crisp flammkuchen, and you'll never go back to doughy pizzas. Finally, pedallers are treated to a slice of classic apple strudel in Café Einstein, a gambling den in the Weimar-era.



If you're happier on foot, walking foodie tours are available from Bite Berlin (*biteberlin.com*). Try the supper club group tour (Dhs290 per person) and learn to cook traditional German food. Pack a picnic from Barcomis deli (*barcomis.de*) – perhaps a Reuben with pastrami and saukerkraut (Dhs23) – and make the most of summer days with a kayak tour down the River Spree (*kajakberlintours.de*; three hours from Dhs90). There's also stand-up paddle-boarding if you're feeling adventurous.

Where to stay A double room at the central Mövenpick hotel (*movenpick.com*), in the former Siemens building near Potsdamer Platz, costs from Dhs270 per night. *Georgina Kiely*



Reuben sandwich



Hotel Relais Villa del Golfo & Spa, Sardinia

HIKING AND FARM-TO-FORK EATING IN NORTH SARDINIA

Sardinia's northern shores beckon to be explored by boat, bike or on foot, with stunning coastal and mountain vistas, and exceptional indigenous dishes to reward you for your efforts. Sail around the archipelago of La Maddalena to swim, snorkel or scuba in crystal turquoise water and discover secret, boat-only access bays. Inland, the Barbagia mountains offer stunning scenic hiking and biking trails, with excursions to see the Bronze Age ruins and cave excavations a treat for novice walkers and archaeology buffs.





Pane carasau

A staple for any backpack picnic: pane carasau is the local, wafer-thin, crispy bread with sea salt crystals and olive oil; ubiquitous local grapes include Cannonau and Vermentino di Gallura (DOCG). For gift-worthy produce head to La Bottega del Gusto, a lovely deli on Via Nazionale in the former fishing town of Cannigione.

Authentic, farm-to-fork dining is on offer at La Colti Farmhouse (*lacolti.it*), in Cannigione with traditional set menus of sharing-style plates served in the rustic courtyard. Don't miss seadas – cheese-filled fritters, doused with local honey.

Hotel Su Gologone (*sugologone.it/en*), in Oliena, offers a hearty selection of cheese, pasta and meat dishes, including wild boar, lamb and local sausages. Sample soup, made with rare filindeu pasta softened in cheesy lamb broth, and learn how to make pane carasau in the traditional brick oven.

How to do it Citalia offers seven-night holidays from Dhs5,900 per person including four nights B&B at the Hotel Relais Villa del Golfo & Spa (*hotelvilladelgolfo.it/en*), three nights half-board at Hotel Su Gologone, seven days car hire, and return flights. Activities extra, booked via Citalia's concierge at *citalia.com*. *Sarah Lienard*



Traditional food at the Eroica



The Eroica bike ride

BIKING AND HERITAGE FOOD IN TUSCANY

On the first Sunday every October, a vintage road-bike ride comes to Gaiole in Chianti, a village in the heart of vineyard-cloaked Tuscany. The Eroica (*eroica.cc*) sees riders don retro costumes, pedal pre-1987 bikes, and stop along the way to fuel up on meats, cheese and good local grape. Choose from five routes (46km, 75km, 115km, 135km, and 209km), all of which involve bumping along 'strade bianche', the gravelly white roads that criss-cross Tuscany. Open to everyone, the Eroica is a brilliant showcase for local cuisine.

Don't miss the stop in Radda, where trestle tables are laden with bread, some soaked in red grape and sprinkled with sugar, while bunches of grapes, grown metres away, glisten in the sun. The hilltop town of Panzano is famed for its butcher Dario Cecchini and offers crusty bread topped with herby salami or, for the more adventurous, fish lard. Try ribollita, a hearty soup made with bread, beans and vegetables, and 'crostata', Italy's answer to jam tarts. Eat with Chianti from the vineyards you've just pedalled past.

Where to stay La Vigna, in Montebuoni, a two-bedroom apartment near Lecchi in Chianti, from Dhs350 for a week's self-catering, with To Tuscany (*to-tuscany.com*). *Ellie Ross*

Photographs marekusz, hipproductions/Shutterstock.com, Rob Lewis Photography, Getty Images, StockFood/Keller & Keller Photography Antonio Saba, Ellie Ross, Eroica, iStock, StockFood/Rafael Pranschke


Auvergne

WALKING AND PLOT-TO-PLATE FEASTING IN THE AUVERGNE

One great thing about walking in France's central Auvergne region – apart from the beauty of its lush, volcanic landscapes – is that it helps you work up an appetite for the fabulous five-course feasts served by Peter Taylor and his team, at the relaxed Auberge de Chassignolles (*aubergedechassignolles.com*).

By day, explore this verdant Rhône-Alpine region, with an amble through the ancient forests and meadows of the Livradois Forez natural park around the auberge, or venture a bit further to hike the well-marked footpaths below the sharp peaks of Monts Dore or Cantal regions. Pass, as you walk, the cows whose rich milk is used for the region's cheeses, from creamy St Nectaire and Fourme d'Ambert to cheddary Cantal.

In the evenings, settle into the auberge's stylishly spartan dining room for classic French cooking with a contemporary touch. Strictly seasonal ingredients are homegrown, foraged or sourced direct from local producers, many of whom you can meet at the Saturday market in nearby Brioude. Also notable are the homemade charcuterie, biodynamic grapes and sublime breakfasts – far more than the usual coffee and croissant; there's also homemade yogurt and sourdough bread, fresh canteloupe melon, Peter's homemade granola and apricot jam. The eight rooms upstairs, overlooking the square, are simple but lovely – and happily affordable.

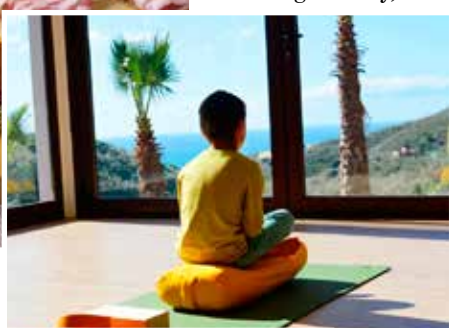
Where to stay One night's B&B at Auberge de Chassignolles costs from Dhs230 per person, based on two sharing, three nights' minimum stay. *Maia Squinado*





SUN SALUTATIONS IN MÁLAGA

If the thought of taking a yoga holiday with the family causes indigestion, then think again. In the mountains, 30 minutes from the bustle of newly spruced-up Málaga, Santillan is a wellness centre with a private-house vibe, welcoming yogis of all ages during select weeks hosted by forward-thinking Roro Retreats. Daily yoga classes for both adults and families provide quality time with and without your children, hosted by British yogi, Tara Fraser. During our stay, kids nine months to 12 years old were captivated by chanting and simple postures, then whisked off during adult classes (a variety of dynamic and meditative sessions) for such inventive distractions as herb-hunting hikes. Family time at Santillan's salt water swimming pool was a daily winner.


Kids' yoga

Surrounding farms supply most produce, cooked by a coterie of cheery local Spanish ladies. Healthy salads accompany grilled fish for staple dinners, followed by desserts made with the lightest of touches.

How to do it Seven days' full board, childcare, two to three daily yoga classes from Dhs3,340 per child, Dhs5,800 per adult. Flights and transfers extra (*rororetreats.com*). *Sarah Barrell*

● Assistance for this feature was provided by: for Interlaken, *myswitzerland.com*, *jungfrau.ch* and *interlaken.ch*; for Sardinia, *citalia.com*; for Tuscany, *to-tuscany.com*; Auvergne *aubergede chassignolles.com* and *brittany-ferries.co.uk* and for Spain, *rororetreats.com*



A slice of nature's best

As another academic year starts, we begin to plan our festive season getaways as our minds drift to Maldivian crystal blue waters and soft sandy shores, where local produce receives a gourmet touch at Anantara Dhigu Maldives. **By Sophie McCarrick**





Pure white sands, clear turquoise waters, azure cloudless skies, luscious greens and over-water villas – the dreamlike Maldives speaks for itself through postcard-perfect imagery, sans Photoshop. Paired with world-class dining, schools of tropical fish to swim with and colourful coral to see, it comes as no surprise that this destination is consistently one of the world's most frequented and popular honeymoon destinations.

Abundant with five-star islands, I wonder as we depart from Male International Airport by speedboat to the resort – what makes a unique Maldives holiday experience?

The answer? Look to Anantara Dhigu Maldives, located a quick 35-minute boat ride from the airport in Dhigufinolhu, South Male Atoll. The island is closely neighboured by Anantara Veli (an adult only resort) and Nalhadu Maldives (the lagoon's most exclusive island resort), and while each of the islands are accessible around the clock via pontoon boats that ferry guests from A to B every five-minutes (they're that close that you could technically swim), some guests opt to book their stay across all three islands, as each resort comes with its own unique offering. Three holidays in one? Yes, please!

Dining at Anantara Dhigu

Exclusive luxury aside, the Maldives oozes an unbeatable natural simplicity. Think barefoot strolls through soft sand under a starlit sky, afternoons spent reading sheltered below vibrantly green palms that sway to their own laid-back rhythm, and best of all, dining experiences that showcase native Maldivian ingredients.

"Don't think fine dining when it comes to Maldivian cuisine. Think down to earth, hearty and wholesome cooking, inspired by local ingredients and family traditions," says Claudiu Covrig, cluster director of food and beverage for Anantara Dhigu Resort, Anantara Veli Resort and Naladhu Maldives. "It can be quite spicy because of the Maldivian chilli, but in our

Text by SOPHIE MCCARRICK | Photographs SUPPLIED











"Don't think fine dining when it comes to Maldivian cuisine. Think down to earth, hearty and wholesome cooking, inspired by local ingredients and family traditions"

experience at the resort, those who try it, absolutely love it – it can be quite additive actually," he adds.

With shipments arriving to Dhigu island on a weekly basis, stocked with premium ingredients from all over the world – such as prime grade beef from Australia and lamb from Wales – Anantara strives to source as much as possible from the local islands and waters. As a tropical nation made up of 26 atolls, comprising 1,200 tiny islands in the Indian Ocean, the Maldives is plentiful with fish and seafood options. Freshly caught yellowfin tuna, lobster and crabs are some of the favourites at Dhigu, sourced locally by the island's dedicated fishermen. The land offers staple fruits that burst in flavour, like mangoes, bananas, watermelon and coconut, which is largely used for its milk in curries and desserts.

On Dhigu island, there's a 'Chef's Garden', where fresh vegetables and herbs grow. "There's things like Maldivian rocket in his garden. We label it as Maldivian, as it boasts a slightly different texture than usual rocket – this is down to the sand in the local soil," explains Claudiu.

During a cooking class with the resort's head chef Mo, I learn there's more to the local cuisine than originally anticipated. He explains that through centuries of trade with the Indian sub-continent, Africa, Arabia and the Far East, local palates were enriched through the use of interesting spice and herb blends









"We consider the wide geo-mix of our visitors, so that all special holidays are celebrated here – from Christmas and Easter, to Eid and Ramadan, we cater to all occasions"

brought in from neighbouring continents. The result? A largely over-looked cuisine that marries subliminal flavours and great nutritional benefits *(recipes from chef Mo's class are available overleaf)*. The food is truly delicious – full-bodied in flavour, satisfying in texture and truly does leave you wanting more.

"For guests wanting to enjoy local flavours, we have a Maldivian-themed evening each week, the Spice Spoons cooking class where participants can sample and discover a range of local ingredients, as well as 'catch and cook' fishing trips," Claudiu reveals.

He adds that "despite being a remote island, F&B operations here are up-to-date with global culinary trends, ensuring that whether guests want to enjoy local cuisine or international, Anantara Dhigu is able to cater to their needs. We consider the wide geo-mix of our visitors, so that all special holidays are celebrated here – from Christmas and Easter, to Eid and Ramadan, we cater to all occasions."

Across the three resorts, there's an array of dining options including the likes of Fushi Café, which serves a full breakfast buffet complete with live cooking stations, plus Aqua or Dhoni poolside outlets for lunch, snacks throughout the day, or evening drinks (sundowners are a must at both!). Next there's 'Sea. Fire. Salt', a predominantly a grill-led restaurant that also serves a crossroads of cuisines. The best part about dining here – stunning views aside – is the 'Salt Guru', who presents a wide-range of salts tableside to pair with your beef, fish or seafood. Above, you'll find a taste of Italy at Terrazzo.

As a Thai brand, Anantara prides itself on offering the best Thai food available in the atoll – and it does just that. Head to Baan Huraa for a dining experience that immerses you in Thai hospitality, charm and culinary splendour – must try dishes include the tom yam soup (a spicy and sour soup with prawns) and gai pad med mamuang (stir-fried chicken with cashew nuts). Also on the list is Origami, the Japanese restaurant on Veli island that serves sizzling

Getting there

Emirates Airlines (emirates.ae), FlyDubai (flydubai.com) and Etihad (etihad.com) have two flights daily flying from the UAE into the Maldivian capital of Malé. Ticket prices start from around US$800 (around Dhs3,000) for economy, and US$2,000 (around Dhs8,000) for business class. Please note that these figures are priced based on travel during mid to high season. Anantara will arrange speedboat transfers to and from the airport to the island, at an additional cost.













Teppanyaki, plus a gorgeous selection of sushi and sashimi.

To make things that extra bit special, Dining by Design is the way to go. "It's our signature and exclusive private dining option. Expect tailor made menus, romance, a personal chef, a perfect location. Everything from the menu to the location, is bespoke to the guests' requirement," says Claudiu. The occasion promises to be a special one, with staff going above and beyond to ensure the set-up, F&B, atmosphere and service is second to none.

Adventure and relaxation

Sunrise or sunset is the main question when deciding on your villa type at Anantara Dhigu Maldives. Nestled amidst jungle-like settings on each side of the island, the beach villas allow for either sunrise, or sunset viewing. Alternatively, the over water suites, or two-bedroom pool villas, are luxurious options too. All villas boast lavish, tropical interiors, privacy and some with personal swimming pools, the rooms here don't disappoint – and make it very easy to enjoy a self-contained holiday with heaps of peace and serenity.

When you're done with relaxing beach- or pool-side, there's a range of unique experiences to be had. Head out on a dolphin-spotting excursion, fishing trip, or go snorkeling with wild dolphins, whale sharks, beautifully coloured fish, eagle rays, manta rays, turtles and more – the experience is breathtaking, so don't forget to bring the GoPro along. Be sure to pick up your snorkeling kit from the Dive Center – you never know what you'll see at beaches surrounding the resort. Afterwards, relax at the Anantara Spa – with the sound of calming waves surrounding you, you're sure to leave floating on air.

Whatever your idea of paradise may be, I'm confident you're certain to discover it – and more, at the family-friendly, magical dream-like resort of Anatara Dhigu Maldives.

Stay

Call: +960 664 4111
E-mail: reservations.maldives@anantara.com
Website: anantara.com/maldives/

TRY RECIPES FROM THE SPICE SPOONS COOKING CLASS AT HOME!



ANBU RIHA

Ripe mango curry

All the hallmarks of Maldivian cuisine come together in this deliciously fresh and fruity curry dish. While mangos and coconuts grow in abundance amongst the atolls and tuna fish thrive in its waters it's only natural they'd come together in a mouthwatering dish.

You can choose between smoked tuna and tuna chips but the mangos must be ripe and cooked until soft. The coconut milk will permeate the fruit texture, filling the dish with aromas of garam masala and fresh seafood.

SERVES 1

3 ripe mangos, peeled and sliced
2 big onions, sliced
12 curry leaves
1 pandan leaf, cut into 2 inch strips
2 garlic cloves, chopped
30g ginger
Maldives chilli (Githeyomirus), cut into 2 inch strips, to taste
4 tbsp chicken curry powder
2 tbsp roasted curry powder
½ tsp Lonumirus curry powder or chilli powder
1 tsp garam masala powder
2 tbsp tomato paste
85g tuna chips or smoked tuna
½ cup thick coconut milk
1½ cup water
1/3 cup vegetable oil
50g sugar
Salt, to taste

1 Heat the oil in a saucepan; add onion, curry leaves, pandan leaves, ginger, garlic and chillies, then sauté until the onions turn light brown.
2 Add all the curry powder and tomato paste and roast until oil separates from the onions, then add the mangos, tuna chips and water.
3 Cook until the mangos become soft. Add the coconut milk and sugar, cook for another five minutes.
4 Season with salt and serve with rice.

KANNELI MAS RIHA

Maldivian tuna curry

Creamy and delicious, this beautifully simple dish is very representative of Maldivian cuisine. Featuring locally sourced coconut and tuna fish the curry is brought to life with herbs and spices from the Indian sub-continent including curry leaves and cumin powder.

The yellow fin tuna is diced and cooked over a low heat with a mixture of fried onions and curry spices to which fish stock is added. The curry is left to simmer for a while and coconut milk is added towards the end of the cooking process. 'Mas riha' is commonly eaten with steamed white rice, but when taken for breakfast it is served with roshi flatbread and enjoyed with jasmine tea.

SERVES 1

160g yellow fin tuna
5g onions
3g garlic
3g ginger
5g fish curry powder
1g curry leaves
1g cumin powder
100ml coconut milk
50ml fish stock
1 lime
Salt and pepper, to taste
Corn oil, as required

1 Heat the corn oil in a pan.
2 Sauté the diced garlic, onion and ginger with the curry powder, cumin powder and tuna.
3 Add some of the fish stock and coconut milk and simmer gently with the curry leaves.
4 Cook it well and add the rest of the coconut milk and fish stock and boil for a while.
5 Add the seasonings and lime juice to taste.
6 Serve with steamed rice.





HANAA KURI GILYULHU MAS

Green job fish fillet with fenfolhi noodles

The unusually named 'green job fish' is a species of snapper native to the Indian Ocean. In days of old, the local Maldivians would have easily speared the job fish and conjured up a dozen ways of preparing it.

One of the most enduring methods is to infuse the diced flesh in garlic, ginger, cumin powder and curry leaves before adding coconut milk and allowing it to simmer for a few minutes only.

This dish can be enjoyed with rice or roshi – a Maldivian flatbread similar to the Indian chapatti. However, for something more unique and evocative of the Maldives, try your hand at making Fenfolhi – a type of noodle consisting of flour, eggs, coconut milk and salt.

Simply mix the ingredients together, make a thin crepe in a non-stick frying pan and cut into thin strips.

FOR THE FENFOLHI

200g flour
2 eggs
150ml coconut milk
Salt, to taste

1 Mix together to make a batter of flour, egg, coconut milk and salt. Leave aside.
2 In a non-stick frying pan, make a thin crepe out of the above mixture.
3 Roll the crepe and cut into strips.

FOR THE HANAA KURI GIYULHU

200g green job fish
50g onions
15g garlic
2g curry leaves
1g Maldivian chilli
15g ginger
2 tsp fish curry powder
½ tsp turmeric powder
½ tsp cumin powder
100ml coconut milk
1 lime

1 Mix together garlic, ginger, cumin powder and curry leaves to make a paste.
2 Cut the green job fish into 3cm cubes.
3 Pan fry the onion, once golden brown, add the prepared paste plus the fish curry and turmeric powder and stir on a low heat.
4 Add the green job dish and cook for 4 to 5 minutes on a low heat. Add coconut milk and allow to simmer.
5 Season with salt, pepper and lime juice. Serve with the noodles.



VANITAS

Transcend to a world of Italian exuberance

Experience the beauty and romance of Italy in the intimate surroundings of Palazzo Versace's signature restaurant. Each dish is curated with the most discerning tastes in mind and its rich heritage to reveal an exquisite culinary discovery.

/PalazzoVersaceDubai @PalazzoVersace /palazzoversacedubai

T: +971 4 556 8888 E: vanitas@palazzoversace.ae www.palazzoversace.ae

Palazzo Versace
DUBAI



A taste of

Thailand

We travel to the pearl of the Andaman, to discover authentic Thai cuisine at Banyan Tree Phuket, Thailand.

By Sophie McCarrick







One of the greatest things about arriving at Banyan Tree Phuket, is the welcome. Of places around the world, I find Thailand's hospitality to be up there with the best. The locals approach and greet with such grace and respect, as they bow, press their hands together and say "sawatdee khap", meaning "hello", in a somewhat soft-spoken, welcoming tone. Thoughtful, simple luxuries like this multiply throughout the stay.

Designed as a small Thai village, Banyan Tree Phuket is a large villa-only resort (all with personal swimming pools) comprising 137 options ranging from deluxe pool villas to double pool villas, that spread comfortably around luscious natural sounding grounds encompassing a saltwater lagoon, and back onto the beaches of Bang Tao Bay and a manicured 18-hole golf course.

A culinary journey

In Thailand, the food demonstrates "intricacy, attention to detail, texture, colour, taste, the use of ingredients with medicinal benefits, and good flavour, as well as care being given to the food's appearance, smell and context," as described by Thai celebrity food expert, chef and writer, Mom Luang Sirichalerm Svastivadhana, usually known by the nickname McDang.

Taking a deeper look at the country's cuisine, it's broken down regionally to represent the five main regions, which include Northern Thailand (this is where most ethnic groups live in Thailand, which sees the cuisine become well-rounded and full-bodied), Bangkok (where food boasts strong Chinese and Portuguese influence), Central Thailand (most rice-growing plains are here and the food tends to be smoother, a little more mild and lasting in taste with a touch of sweetness), Isan (a region influenced by Laos and Khmer cuisine), and Southern Thailand (food tends to be much hotter here and is heavily influenced by flavours and spices used in Indonesia and Malaysia).

At Banyan Tree Phuket's signature restaurant Saffron, is where you'll find authentic Thai fare that encompasses influences from throughout the country. Cooking classes with professional, local Thai chefs are available as required and take you on a journey of discover through sourcing ingredients, creating base pastes and sauces, to blending spices and traditional herbs. Thailand's land is rich with high-quality fruits and vegetables that are considered premium in most countries around the world.

Whether you try the class or visit the outlet for dinner, I'd recommend trying classic dishes like papaya salad, tom yum goong, (a spicy and sweet tiger prawn soup, seasoned with lime, chili and lemongrass), tom kha gai (chicken with coconut milk, mushrooms, kaffir leaf, lemongrass, chilli and galangal), phla raad prik (fried fish with sweet chilli sauce), and to finish, the simple but splendid sweet dish of mango with sticky rice. The mangoes in Thailand are amongst the best in the world.

Thai food aside, Banyan Tree Phuket lends its culinary talent to a range of international cuisines including authentic Japanese fare at Tamarind, a restaurant led by the accomplished Japanese Master Chef Shiraishi Kikuo. Expect delicacies from sweet shrimp sushi and California temaki to tenderly grilled Wagyu beef and delicate salmon belly in sweet soy sauce. Also for dinner, enjoy freshly caught fish and seafood at the Watercourt's mini 'Seafood Market', which you can handpick what you'd like to try.

The resort's fine dining outlet, Tre Restaurant, serves refined Western cuisine with Asian influence, while Sands and the Pool Bar offer a much more laid-back affair, including 'grab and go' options to enjoy at the beach or on your travels outside of the resort. To mark a

Text by SOPHIE MCCARRICK | Photographs SUPPLIED & SHUTTERSTOCK









"Thailand's land is rich with high-quality fruits and vegetables that are considered premium in most countries around the world"

special occasion, Banyan Tree Phuket also offers private location dinners, where experiences are tailor made.

R&R

Whether you're looking to relax or keep active, there are activities suited for all ages at Banyan Tree Phuket. Personally, as a beach lover, I was in my element sitting beachside admiring the jaw-dropping sunset spectacles over the Andaman Sea. However, activities on offer include the likes of golf at the 18-hole golf course, tennis, horseback riding at the beach and Quest Laguna Phuket, which provides challenge-hungry guests with a thrilling treetop rope course and more. And, for children there's a full range of outdoor adventures at the Turtle Club to enjoy. All guests are also provided with personal bicycles for getting around the resort, so a bike ride is a favoured option too.

To stay, even the entry level villas here are equipped with their own swimming pools and carefully manicured gardens, in addition to his- and hers dressing and washing areas, and open-air sunken bath. If you really want to indulge, opt for the super-luxurious two-bedroom villas that come with their own 24-hour in-villa chef (separate from the main space) and butler, plus large infinity pools that back onto the lagoon. Or, take it that step further and book one of 12 spa pool sanctuary pool villas that come with unlimited in-villa massage (absolutely dreamy!).

Out and about

Although there's lots to keep you occupied at Banyan Tree Phuket, like the quality dining experiences, and private, intimate activities – a draw that could easily keep you happily content within the resort's grounds during your stay – you may also want to venture outside of the Laguna area to discover Phuket's sights.

Aside from beautiful beach after beautiful beach – Karon, Kata, Surin, Patong and Nai Harn, to name a few – there's much to do around the province – and even further afield, if you don't mind joining a boat trip to nearby islands like the famed 'James Bond Island' – they really are picture-perfect.

If you're less of a beachgoer and enjoy in-land nature, the Bang Pe Waterfall, is where a group of expats have established an amazing Gibbon Rehabilitation Centre. The project focuses on nurturing gibbons back to health and keeping them out of harms way – it's a wonderful place. Next on the list is a trip to Big Buddha. The winding journey up to the 45-metre Buddha alone is an experience, with breathtaking birds-eye views over the Nakkerd Hills. Or, stop by the Chalong Temple – a temple said to be one of the best in Phuket.

Activities and sightseeing aside, Phuket is a vibrant, stunningly colourful destination, that's well worth a visit (or visits). With so much to do, see and most importantly, eat, I'm optimistic that a gourmet getaway married with true Thai hospitality and a myriad of culinary pleasures, is sure to have you returning back to Phuket, time and time again.

Must-try Thai food

Som Tam
Freshly pounded papaya salad with chilies, peanuts, garlic, tomato, fish sauce, tamarind juice and a generous squeeze of lime, topped with dried shrimp or salted crab.

Gai Pad Med Mamuang
Chicken stir-fried with the crunch of cashews, onions and red chilies.

Pad Thai
Thai-style noodles fried in a wok along with veggies, seafood or meat, bean sprouts, fennel and egg. Accompanied with fish sauce, palm sugar, chili powder and a sprinkle of ground peanuts.

Tom Yam Soup
A clear soup made with a broth of fragrant herbs and lots of chilies (yes, it's a hot one!)

Oyster Omelette
Crisp and crackling omelettes topped with glossy oysters.

Ho Mak Pla
Baskets made with banana leaves that are layered with herbs, fresh fish, red curry paste and egg, baked and topped with coconut cream.

Khao Niew Ma Muan
mango with sticky rice.

Khanom Bueang
A Thai crepe that resembles a taco but is made with rice flour. They are crisp and stuffed with coconut or flavoured cream and shredded coconut.


Tom Yam Soup


Som Tam


Pad Thai


Khanom Bueang


Gai Pad Med Mamuang

Words to know

Hello - *sawadee ka/krap*
Thank you - *kop kun ka/krap*
Want - *ao*
Don't want - *mai ao*
Yes - *chai (or ka/krap)*
No - *mai chai*
Spicy - *pet*
Not spicy - *mai pet*

Getting there
Emirates Airlines fly daily from Dubai International Airport into Phuket, Thailand. Ticket prices start from around US$800 (around Dhs3,000) for economy, and US$2,000 (around Dhs8,000) for business class. Please note that these figures are priced based on travel during mid to high season. Visit: emirates.com

Stay
Call: +66 76 372 400 or toll-free on 800 065 0586
E-mail: phuket@banyantree.com
Website: banyantree.com

Mango sticky rice

- 300g sticky rice (a glutinous rice, sometimes sold as sushi rice)
- 250ml coconut milk
- 3 tbsp granulated sugar
- ¼ tsp salt
- 2-3 ripe mangoes
- 2-4 tbsp coconut cream (you can freeze the rest)
- 1 tbsp toasted sesame seeds
- banana leaves, for serving if you can find them

1 Soak the sticky rice in cold water for at least 3 hours, or overnight. Drain and rinse thoroughly. Line a steamer with double thickness muslin or a J-cloth (single thickness) and place the rice on top. Bring the water in the steamer to the boil and steam the rice over moderate heat for 30 minutes, turning halfway. Put in a bowl and set aside.
2 Combine the coconut milk and sugar in a small pan and heat gently, stirring all the time, until the sugar has dissolved. Do not boil. Stir in the salt and pour over the cooked rice, stirring gently; set aside to cool.
3 Peel the mangoes and cut off the two outer cheeks of each fruit, as close to the stones as possible. Discard the stones. Slice each piece of fruit into thin lengthways slices.
4 Put a mound of rice on a dish lined with a leaf and nestle the mango next to it. Pour the coconut cream over and sprinkle with sesame seeds.



Dishes available at Banyan Tree Phuket



Kaeng kheow Waan Gai

Green chicken curry

250g chicken breast, sliced
2 tbs green chilli paste
3 coffee cups of coconut milk
2 tbs fish sauce
1 red chilli
2 tbs vegetable oil
1 tbs palm sugar
1 kaffir lime leaf
100g green eggplant
6 sweet basil leaves

1 Chop the eggplant into medium pieces, slice the Thai red chilli (large cross cut), break the kaffir lime leaf in half, and pick the fresh basil leaves.
2 Warm vegetable oil in a pan and sauté the green chilli paste until fragrant.
3 Add the coconut milk, palm sugar and stir slowly to mix thoroughly until sugar is dissolved.
4 Add the sliced chicken breast and slowly simmer chicken until it's cooked.
5 Add in the eggplant, chilli, kaffir leaf and basil to curry. Warm for 1-2 minutes through.
6 Adjust flavour with fish sauce, as required and serve in a warm bowl with jasmine rice on the side.

Phad Thai Goog Sod

Thai-style fried noodle

400g small flat rice noodles
2 eggs
1 tbs roasted peanut
3 tbs Phad Thai sauce
20g yellow bean curd, diced
8 prawns, peeled and cleaned
1 tbs chives, cut 2.5cm long
1 tbs vegetable oil
1 tbs bean sprouts
1 tbs pickled turnip
1 tbs black soya sauce
1 tbs white sugar

1 Heat oil in wok until slightly smoking.
2 Add eggs and quickly stir-fry.
3 Add prawns to cook on medium heat for around 3 minutes.
4 Add noodles and stir-fry until they get soft.
5 Add Phad Thai sauce and stir in well before adding in chives, bean sprouts, roasted peanuts, yellow bean curd and pickled turnip. Stir-fry for a further minute.
6 Add the black soy sauce and white sugar, then stir in and season to taste.

Chef's tip: *Substitute the prawns for chicken or alternatively use tofu to make it vegetarian.*

LIMA
DUBAI



NOMINATED

BEST NEW RESTAURANT
BEST AMERICAS & CARRIBEAN

Get a real taste of Peru with an authentic selection of delicacies and beverages crafted by Michelin-starred chef Virgilio Martinez, ranked 5th best chef in the world. Savour flavour-packed dishes with ingredients sourced from South America and immerse in a lively urban atmosphere that echoes the vibe of Lima.

The Square, City Walk, Dubai – UAE
800 5462 (LIMA) | info@limadubai.com | limadubai.com

limadubai

BBC good food Middle East AWARDS 2017

CITY WALK

Easy vegan cooking

During our latest Food Club event at Miele's state-of-the-art Kitchen Gallery on Sheikh Zayed Road, we welcomed a group of foodies for a morning of cooking all things vegan with the talented chef Athena Matheou from Super Natural Kitchen based in Galeries Lafayette. Throughout the cooking demo, chef Athena showed participants just how easy it is to whip up vegan meals, whilst allowing them to try their hand at doing so. If you enjoy the vegan lifestyle or are thinking of giving it a try, turn over for a selection of chef Athena's recipes, or stop by Super Natural Kitchen to check out her dishes for yourself.





















Text by SOPHIE MCCARRICK | Photographs by MAKSYM PORIECHKIN

TRY CHEF ATHENA'S RECIPES AT HOME!



Fig, beetroot and ricotta plate

1 cup blanched almonds
3 cups water
Salt and pepper
Lemon
Seasonal tender salad green
4 fresh figs
1 large beetroot
Thyme and rosemary
For the dressing
½ cup of pitted dates
¼ cup apple cider vinegar
¼ cup water
1 garlic clove
1 tablespoon whole grain mustard
Salt and pepper to season

1 Peel the beetroot and cut into wedges.
2 Place a splash of water in a pan with sprigs of rosemary, thyme, salt and pepper.
3 Add the beetroot and allow them to simmer until tender.
4 For the dressing, place all of the ingredients into a blender until smooth and check for seasoning.
5 For the almond ricotta place the almonds in a blender with the water and blend.
6 Strain the milk through a nut milk bag and squeeze most of the water out.
7 Take the pulp and season with salt, pepper and a squeeze of lemon juice.
8 To assemble, dress the leaves, slice the fresh figs and top the salad with ricotta and beetroot.



Ultimate macaroni and cheese with coconut bacon

1 head of cauliflower cut into florets
1 head of garlic peeled
½ cup cashews
1 peeled and chopped carrot
1 tablespoon miso paste
2 tablespoons nutritional yeast
Salt and pepper to season
Pasta of your choice (can be gluten free)
1 cup of coconut chips
½ tablespoon smoked paprika
2 teaspoons tamari
½ teaspoon smoked salt
½ teaspoon olive oil

1 Boil the pasta until just al dente, drain and reserve a cup of cooking water.
2 Steam the cauliflower, garlic cloves and carrot until tender.
3 Place the cauliflower, garlic cloves, carrot, 1/2 cup of reserved water, miso, nutritional yeast, salt and pepper in a blender until smooth. Add additional water if desired or if it's too thick.
4 For the coconut bacon, mix the coconut chips with the paprika, tamari, smoked salt and olive oil.
5 Place on a tray and bake for 10 - 15 minutes or until just crisp and golden.
6 Mix the pasta with the hot cheese sauce and top with coconut bacon.



Berry lavender mousse

1½ cups soaked cashews
⅓ cup coconut butter or cream
1 cup water
¼ cup raw coconut oil
1 cup strawberries
1 cup blueberries
¾ cup raspberries
5-6 drops of food grade lavender oil
1 pinch stevia
2 tablespoons of maple syrup or agave

1 Blend the cashews, coconut butter or cream, water and coconut oil until smooth and creamy.
2 Add all remaining ingredients and blend until just combined.
3 Place in your chosen serving glasses and refrigerate for 3-4 hours.

BBC goodfood Middle East
FOOD CLUB

Want to be a part of our next Food Club event? Then sign up on **www.bbcgoodfoodme.com.**
You can also like us on
facebook.com/bbcgoodfoodme
and follow us on
twitter.com/bbcgoodfoodme
bbcgoodfoodmiddleeast
to get all our latest updates and join the conversation!

GOOD MORNING DUBAI

WE SERVE THE BEST WAKE UP MEALS TO KICK-START YOUR DAY!







Give us some love and help us win, we have been nominated as Best Breakfast Restaurant in the BBC Good Food Awards 2017. Thank you for your support!

Whether you are craving for something sweet or savoury our menu offers delicious hearty food in a laid-back fashion, family-style, in pots, pans and on boards.

Breakfast | Lunch | Dinner

+971 4 456 1959 The Beach, opposite JBR
potspansandboards.ae #potspansandboards

BBC good food Middle East AWARDS 2017

Pots Pans & Boards

HARD TO DIGEST

Rich food, late nights and busy days – a busy schedule can play havoc with your digestive system. Nutritional therapist Kerry Torrens advises how to maintain a healthy gut and avoid problems



The majority of the time we never give our digestive system a second thought. It's only when it plays up, and we suffer indigestion or uncomfortable bloating, that we sit up and take notice. Yet the gut is a remarkable part of the body.

Take, for example, our digestive tract: it's about nine metres long – that's the length of a double-decker bus! The gut also has the highest rate of cell turnover in the body, which means that it renews itself faster than any other tissue.

But don't be mistaken – this doesn't mean we can abuse our digestive system, because it plays a huge part in our well-being. Dubbed our 'second brain', there's more to it than simply breaking down and absorbing the food we eat. Scientists have discovered the cells that line the gut are similar to those that form our central nervous system – so the state of your gut can influence the illnesses you get, and even the mood you're in!

So treat your gut with respect, and you'll feel better from top to toe.



USING UP LEFTOVERS

It's good to avoid wasting food, but some cooked and cooled items contain greater amounts of resistant starch, which is not broken down. This then passes to the large intestine, where it may cause bloating. If you have a sensitive digestion, limit your intake of leftover cooked potatoes, rice and pasta, and reheated breads like garlic bread and pizza bases.

GET YOUR GUT FEELING GOOD

Kerry's simple steps to better digestion

DO...

- **Be mindful** about meals. Focus on your food, sit down, take your time and chew thoroughly – then give yourself at least 20 minutes before you carry on with your day.
- **Consider** what you eat. Choose wisely, thinking about how the food makes you feel and whether it benefits you nutritionally. Plan meals and snacks. It's worth keeping a food diary to work out what triggers any gut problems.
- **Eat regularly**, little and often. Try having your main meal at lunchtime, to allow your body time to digest it properly.
- **De-stress** before you eat, so you can savour your food. Also, take a walk after main meals to encourage relaxation. This helps to beat bloating and ease indigestion, as well as stabilising blood-sugar levels.

DON'T...

- **Rush meals** or eat when you're busy. Even sending emails, chatting on the phone or watching TV while eating sends mixed messages to the brain and compromises your digestion.
- **Grab whatever's available**, or eat without thinking.
- **Allow food to disturb your sleep** – most likely because you've eaten too close to bedtime.
- **Eat when you're stressed** – your gut reacts to emotional stress and will be less effective in breaking down your food under these conditions.

Cut down *or cut out*



Fizzy drinks
These are a common cause of bloating – so instead enjoy still water flavoured with lemon or cucumber, or herbal tea.



Fatty foods
Fats slow your digestion and can leave you feeling uncomfortably full and lethargic. Moderate your intake and balance your meals with lean sources of protein like poultry and fish.

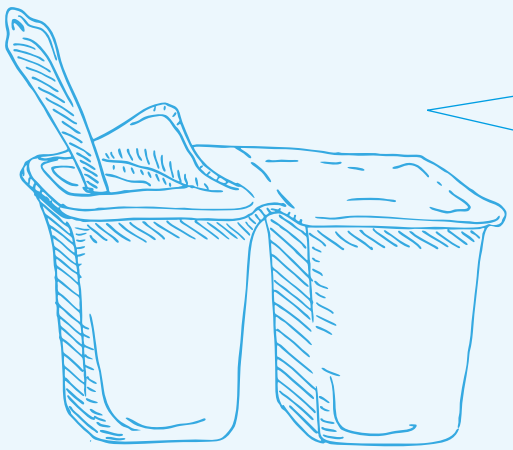
High-fibre foods
Although fibre eases constipation, it may worsen wind, bloating and abdominal cramps. If cabbage, sprouts, beans and pulses are a problem for you, swap them for less fibrous choices, such as courgettes and asparagus. Top up fibre levels gradually by adding some ground linseed to breakfast cereals or yogurt. Linseed is a good source of gentle soluble fibre, with some of the insoluble variety, and useful amounts of healthy omega-3 fatty acids.



For more information, visit bbcgoodfoodme.com

Nutritional advice is never a substitute for professional medical attention. If you experience chronic bloating and/or other persistent gut problems, consult your GP.

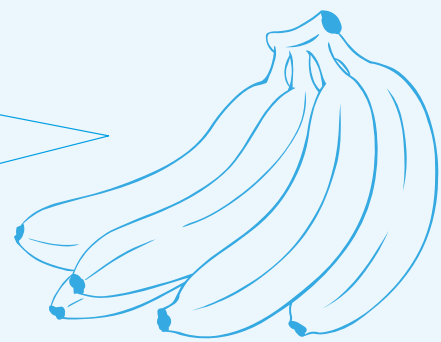
HOW TO BUILD UP YOUR DEFENCES



TAKE PROBIOTICS
Hundreds of different bacteria in our gut help us to digest food, manufacture certain vitamins and generally support our defences against illness. You can top up these bacteria by taking a probiotic supplement, or by adding a live yogurt to your daily diet.

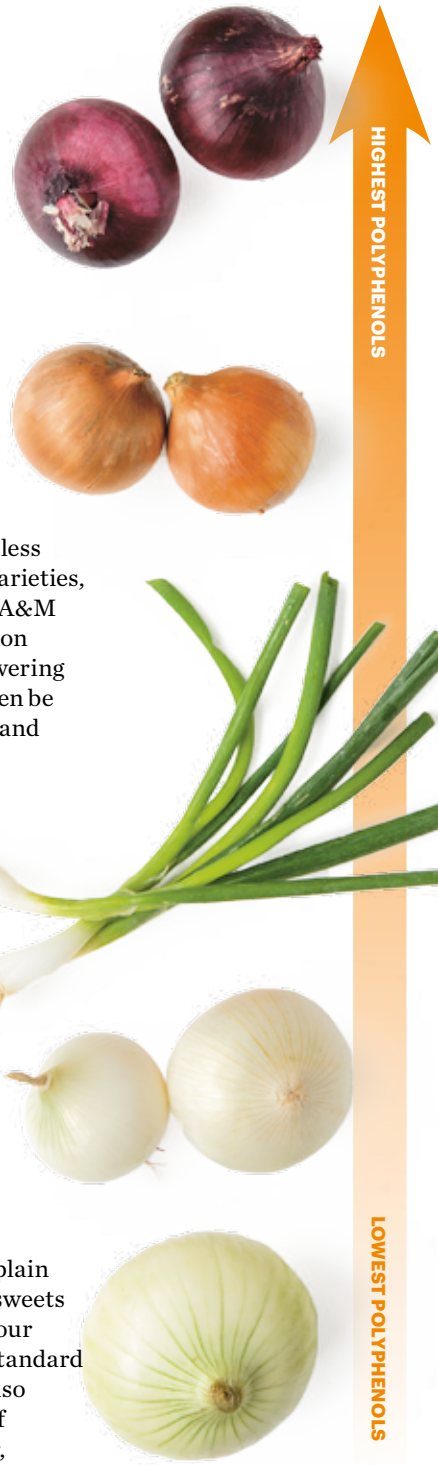
Studies suggest probiotics help boost immunity and may reduce bloating. Check that the product contains a high dose of lactobacilli and bifidobacteria; is 'enteric' coated – which helps the bacteria to pass through your stomach and arrive where they are needed; and is within its use-by date (this should be stated on the pack).

TAKE PREBIOTICS
These are different – they're supplements that don't actually contain the good bacteria, but do supply food that the beneficial bacteria enjoy. So, by taking prebiotics, you can help to promote the growth of these good guys. Alternatively, eat foods rich in natural prebiotics, including onions, garlic, leeks, chicory, bananas and artichokes.



How to choose better food

Botanist and BBC presenter **James Wong** gives his tips on which onions and apples to select to reap the most health benefits



Red and brown onions

Containing up to 100 times the polyphenols of white varieties, both brown and red onions are hands down much better sources of these key antioxidants than their paler cousins. But a range of studies suggests that red seems to have the edge. The exact amount does appear to vary according to which varieties you choose to include in your comparisons (there are hundreds out there), with different studies showing different values. However, red varieties with an extra 60–70 per cent more polyphenols than brown are not unusual. This phenomenon might well be owing to the antioxidant anthocyanin pigments (a key group of polyphenols) that give the red kind their pretty coloration. Go for the strongest-flavoured, most pungent types to get the heftiest dose of the healthy sulphur-based chems too.

Spring onions

Spring onions are not simply younger versions of regular onions. In fact, they belong to an entirely different species (Allium fistulosum), sometimes called green onions or Welsh onions. Japanese researchers looked into their phytonutrient value and found that both the polyphenol content and total antioxidant content were just slightly lower than those of brown onions, yet significantly higher than white varieties.

White onions

White onions have been consistently shown to have the lowest levels of polyphenols of all standard varieties, in trial after trial, with on average less than 1 per cent of the regular brown or red varieties, according to a study of 75 cultivars at Texas A&M University. In fact, in over half the white onion varieties tested, levels of blood-pressure-lowering quercetin were so low that they could not even be detected. As these are harder to track down and often sold at premium prices, I'd sidestep them every time.

Supersweet onions

When Cornell University researchers analysed the new 'supersweet' onions that are increasingly popular worldwide, they found that trendy new hybrids were even lower in polyphenols than standard white onions. And that's saying something. These onions are given their supersweet flavour not by a sky-high sugar content, but from extremely low levels of the beneficial sulphur-based chemicals – without much pungency, the sensation of sweetness comes to the fore. This may explain why the Cornell team also found that supersweets have half the cancer-fighting ability on tumour cells cultured in test tubes compared with standard onions. The very least pungent types have also been found to contain the lowest amounts of prebiotics. If it's phytonutrients you're after, give these guys a wide berth.

TWO APPLES FROM THE SAME CRATE

Red apples are triggered into producing their characteristic colour by exposure to sunlight. As the UV rays hit their skins, the cells react by churning out antioxidant pigments called anthocyanins to protect themselves from damage. As it's these same chemicals that are believed to confer many of their health benefits, simply picking the reddest in the crate will give you the most phytonutrients. If that weren't enough, research has shown redder apples can be over 10 per cent sweeter than paler ones of the same variety, even from the same tree.



Significantly lower in anthocyanins – in fact as little as half

Colour shows anthocyanins are super-high

STORE 'EM ON THE SILL

Even once harvested, it appears apples can still react to the ultraviolet rays in sunlight, generating loads more health benefits – at least according to the Norwegian University of Life Sciences. In fact, basking under UV lamps for 10 days could up to double the antioxidant levels in their skin and spike the vitamin C content six times, without affecting their flavour. Plus, they look prettier on the windowsill than in the fridge, so why not?

Adapted from James Wong's *How to Eat Better: How to Shop, Store & Cook to Make Any Food a 'Superfood'* (Mitchell Beazley), out now.




BBC
goodfood
Middle East
AWARDS
2017
WE ARE NOMINATED AS
BEST CAFÉ
VOTING IS NOW OPEN
Celebrating Mediterranean Fare,
Curated by Bateel.
We combine sophistication and simplicity, tradition and innovation with excellence
and that is the Bateel Difference. We are honored to announce that
Café Bateel has been nominated in the Best Café category by BBC Good Food Awards.
Visit Café Bateel in Abu Dhabi, Dubai, Ras Al Khaimah to indulge in the finest Mediterranean cuisine.
For delivery call: 800 BATEEL | 800 228335
Café
Bateel
بتيل
bateel.com
Bateel International
BateelGourmet

Tegel®

CHICKEN THIS GOOD CAN ONLY COME FROM ONE PLACE.



Tegel Hot Roast Chicken.
Now available at Carrefour.

New to Carrefour, the Tegel range of Hot Roast Chickens are perfect for an easy, delicious meal for the whole family. Tender, juicy and full of flavour, they are available in Peri Peri, BBQ, Garlic & Herb, Tandoori, and Original. What's more, they're cage free with no added hormones and come from the best place in the world for raising chickens: New Zealand.

CAGE FREE | NO ADDED HORMONES | RAISED IN NEW ZEALAND

كارفور
Carrefour

gf new series

3 twists Loaf cake

Each month we take a classic recipe to a new level

recipe SOPHIE GODWIN
photograph CLARE WINFIELD

Loaf cake

SERVES 8 PREP 15 mins
COOK 50 mins EASY

175g unsalted butter, softened, plus extra for the tin
150g golden caster sugar
2 large eggs
225g self-raising flour
50g natural yogurt

1 Heat oven to 190C/170C fan/gas 5. Butter and line the base of a 450g loaf tin. Using an electric whisk or stand mixer, combine all the ingredients with a pinch of salt. Spoon into the tin and bake for 50 mins until a skewer inserted into the centre comes out mostly clean, with a few dry crumbs attached.
2 Leave to cool in the tin for 10 mins before transferring to a wire rack to cool completely. *Will keep for three days in an airtight container.*

PER SERVING 367 kcals • fat 20g • saturates 12g • carbs 41g • sugars 19g • fibre 1g • protein 5g • salt 0.3g



1 Coffee & cardamom

Add **50ml strong coffee** and the crushed seeds from **4 cardamom pods** to the cake batter. While the cake cools, mix **100g icing sugar** with **25ml strong coffee**, then spread over the cooled loaf cake, decorating with extra white icing if you like.

2 Orange, honey & mascarpone

Add ¾ of the grated zest from **2 oranges** to the cake mixture. Once the cake has cooled, mix **100g mascarpone** with the juice of **½ orange** and **2 tbsp honey**. Spread over the cake and scatter over the remaining orange zest.

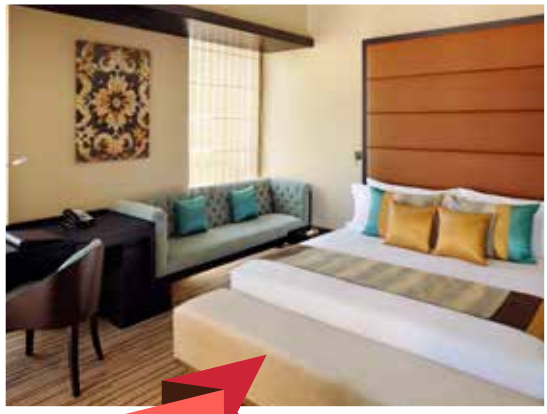
3 Raspberry & pistachio

Fold **80g raspberries** and **50g chopped pistachios** into the batter, then bake the cake for an extra 10 mins. While the cake cools, mix **100g icing sugar** with **6 raspberries** to make a rough icing. Spoon over the cooled loaf and top with a handful of **chopped pistachios**.

Food styling BECKS WILKINSON | Styling WEI TANG

Competition





WIN!

A 1-**night stay for 2 people at Southern Sun Abu Dhabi,** worth **Dhs3,000!**

A one-night weekend stay at Southern Sun Abu Dhabi for two in a one-bedroom suite, including breakfast, Blu Sky Brunch and after party!

Offering breath-taking views of the Corniche and the capital's skyline, Southern Sun Abu Dhabi is the latest addition to the Tsogo Sun hotel portfolio, bringing deluxe hospitality to a prime location in Abu Dhabi's business district.

The hotel's 353 rooms offer every comfort and amenity required for a successful business trip or holiday, along with superb leisure facilities including a reflection pond, roof-top gym and buzzing dining destinations, all accompanied with the warm and welcoming service synonymous with Southern Sun.

Southern Sun Abu Dhabi introduces a spectacular selection of restaurants, lounges and bars in Abu Dhabi. These include Hytes, Balcon Lounge & Terrace, Filaments, Kahraman, Blu Sky Lounge & Grill (where brunch is hosted) and The Foundry. Here, guests will be able to enjoy a wide range of breakfast, lunch and dinner options, as well as light meals, snacks and refreshments.

The prize draw for a one-night stay for two at Southern Sun Abu Dhabi will be made at the end of September 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability. T&C apply.

Log on to bbcgoodfoodme.com
to enter this competition and simply answer this question:

Where is brunch at Southern Sun Abu Dhabi held?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

SCAN THIS QR CODE TO GO STRAIGHT TO OUR WEBSITE.



Competition



WIN!

A **1-night weekend stay for 2 at Media One!**

An incredible one-night weekend stay for two at Media One in a suite inclusive of breakfast and lunch, a themed cheese and grape evening at caféM and brunch at Qwerty!

Located in the heart of Dubai Media City, Media One is a stylish and contemporary independent property offering 264 stylish rooms and suites with a great mix of contemporary food and beverage outlets.

You have the chance to experience Media One's hip hospitality with an overnight stay for two! Your weekend will start when you're picked up in a F150 after work at your Dubai address. After checking in and freshening up you'll get to experience one of the themed cheese and grape evenings as you unwind from the week, followed by drinks and shisha at THE DEK on 8 – the pool bar on the 8th floor offering stunning views of Media City at night.

Sleep over in one of the hotel's suites and in the morning breakfast will be brought to you. From 1pm you'll have the chance to check out one of the Friday brunches at either THE DEK on 8 or Qwerty, the newest dining venue at Media One. After brunch spend the day lounging by the pool and soaking up the sun.

The team at Media One don't want you to leave early either, so they'll be giving you a complimentary late check out before dropping you off at home.

So, enter now for your chance to win this awesome staycation!

The prize draw for a one-night stay for two at Media One will be made at the end of September 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

Log on to bbcgoodfoodme.com
to enter this competition and simply answer this question:

Which two outlets at Media One offer Friday brunch?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

SCAN THIS QR CODE TO GO STRAIGHT TO OUR WEBSITE.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

FRIDAY TAPAS BRUNCH AT EL SUR FOR TWO! WORTH DHS790

A Spanish-inspired brunch every Friday at El Sur, The Westin Dubai. Diners can indulge in traditional Spanish taverna style dishes including tapas to start, a choice of paella served to the table and sharing desserts. Sangria and other house beverages will flow from 12.30pm to 3.30pm and don't forget the famous Porron challenge!



WIN!

DINNER FOR 2 AT AL HAMBRA! WORTH DHS500

Al Hambra is traditional Spanish eatery with an unerring knack of making you feel at home. Take your pick from a parade of colourful plates, each filled with fresh, seasonal and sometimes surprising ingredients, all served in a casual family-style setting. Try the zingy gazpacho or chorizo frito, or work your way through a delicious pile of calamari rings, king prawns, or our popular chicken and rabbit paella. Locals and travellers alike come to Al Hambra to experience not just its extensive menu of authentic tapas and rustic regional Spanish cuisine, but for its lively atmosphere too. It's a perfect setting for al fresco dining or just to enjoy sangria (served in generous clay pitchers).



WIN!

AN EVENING AT OLEA! WORTH DHS500

Olea Levantine restaurant at Kempinski Hotel Mall of the Emirates offers delectable dishes and beverages from across the Middle East to tantalise the taste buds. Watch the chefs create dishes in the open kitchen, as you listen to the rhythmic sounds of the ice-cream maker and the baker as they prepare the freshest of desserts. The evening continues with shisha and good conversation among friends out on the terrace! Reservations to be made in advance.



WIN!

DINNER AND DRINKS FOR 2 AT D70 BAR! WORTH DHS500

D70 is a bubbly and cocktail bar located in the center of restaurant activity connecting Loumi and DXB Grill at Millennium Airport Hotel Dubai. It's all about the girl power here, as the outlet is run by all female service colleagues including female bartenders and mixologists – perfect for a girls' night out. The outlet offers happy hour, ladies night, Industry night and much more.



WIN!

A DINING VOUCHER FOR ATISUTO JAPANESE RESTAURANT! WORTH DHS500

Atisuto, Dubai's very own Japanese restaurant group, is now closer than ever, with more branches opening across the city. Delectable dishes served up by master chefs from Japan include sushi, sashimi, yakitori, udon and ramen that are all prepared fresh on a daily basis. The typically bustling Tokyo eatery can be found on the foodie lane behind Al Ghurair Centre in Deira; on Bay Square in Business Bay; in the Galleria Mall on Al Wasl Road, Jumeirah; and in the Persia Court of Ibn Battuta Mall on Sheikh Zayed Road. Atisuto, which means 'Artistry' in Japanese, is based on the back-alley sushi restaurants found in Japan's big cities, where the bustle of city life and creativity of the cuisine combine, giving a truly sensational experience.



WIN!

A DINING VOUCHER FOR 2 AT ARMANI CAFFE! WORTH DHS500

Emporio Armani Caffè reflects the distinctive Italian style of Giorgio Armani, the Caffè is open for lunch and dinner, and serves as both restaurant and bar with seating for over 50 people. The cuisine comprises traditional Italian dishes in keeping with other Emporio Armani Caffé's in Milan, London, Paris, Boston, San Paolo and Buenos Aires. The Caffè's unique elements consist of a shiny, black ceramic floor, large, silver fibre glass walls and contrasting orange cushions. The Caffè also has an Armani Dolci corner, delicious Italian chocolate with a signature 'A' engraved on them. Current Offer/Promotion: Afternoon Tea in Style at Dhs149.



WIN!

A BRAUN MULTIQUICK 7 HAND BLENDER! WORTH DHS500

As with all Braun products, the MultiQuick 7 range was built and designed with a German tradition of quality and durability. Built in a unique shape with ultra-hard stainless steel, Braun hand blenders can cut through all types of ingredients, giving you the desired result in no time and ensuring that there is no stress in the kitchen. With the MultiQuick 7 range, it's so easy to create tasty and healthy meals to share with family and friends. Braun hand blenders can chop, blend, slice, dice and prepare dough with one single push of a button.

To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

noire
DINING IN THE DARK

THINK YOU'VE SEEN ALL OF DUBAI YET?



Voted as the Best Experimental Restaurant in the Middle East two years in a row, 2015 and 2016 by the BBC Good Food ME Awards, Noire brings you the thrill of dining in the dark. Enjoy a surprise three course gourmet menu with paired beverages as you discover new flavours and textures like never before.

Challenge your senses and book a table at Noire.
From Monday to Friday at 7.30pm for AED 325 per person.

For more information, call +971 4 311 8316 or email dbi.fbconcierge@fairmont.com or visit fairmont.com/dubai
#NoireDubai

Fairmont
DUBAI

- Noire, Fairmont Dubai -
Best Experimental Restaurant

thefairmontdubai | fairmontdubai | fairmontdubaiuae | fairmontdubai


hadoota masreya
حدوتة مصرية
مصر في قلب دبي
Egypt in the heart of Dubai
goodfood
Middle East
AWARDS
2017